



Somerset Archery News

May 2000

Issue No. 16

GNAS RE-ORGANISATION

At the GNAS AGM, held on the 29th. of April at the National Sports Centre, Lilleshall, (to be the new headquarters of the Society from the 19th. May - telephone number 01952 677888 for anyone who may be interested!), the vote was to go for the change as outlined in the last Archery UK - with the amendments put forward by GWAS. Not everyone was in favour, in fact the vote was very close, but we are going to be re-organised.

I don't think this will affect many of us to any great extent; most archers are happy just to have a club to belong to and somewhere to shoot - and I can't see this changing. There has been a rumour that the way we affiliate will change, and there are one or two other things that have filtered down the grapevine; however, I can't see the point in speculating as to what may happen - we'll just have to wait and see!

One thing that is definite is that the affiliation fee to GNAS will be going up from £20 to £22 (for an adult member) for the next affiliation year. There was an outcry from some people - cries of "10%" were heard, so I'm told; I think the last time the fees went up were four or five years ago so I don't think it is quite as bad as it may sound.

I'm sure there will be a very full report on the AGM and the re-organisation in Archery UK - so I won't waste space by saying any more.

EDITORIAL

Usually there is at least three months between issues of Somerset Archery News but this time it has been less than two months - in fact, just over one month! There have been a number of reasons for this, one is the re-organisation of GNAS, another is the fact that in the last issue I said I would let everyone know what is in the SCAA Library to give you a chance to bid for items at the auction that will be held at some point during the dinner after the Inter-Club Tournament on the 17th. September - at which it has been decided that longbow shooters may wear 'traditional' dress. Also, the items on page two regarding have-a-go events and beginners I felt needed airing and then there was the sad news of the deaths of two friends, add to this the need to set the record straight on Burnham's shoot and the clarification of the new scoring system and I found the pages full.

Please don't expect the next issue to be out so quickly - as I have said before, I'm running out of ideas and would be grateful for help! If you have something you would like to see aired either phone or write to me - number and address below - or talk to me at a shoot, I hope to be at most of the shoots held in the County over the summer and look forward to seeing many of you - particularly at the Inter-Club which is going to be a special occasion for us in Somerset. While I'm on the subject, as we are having a dinner it would help Amanda with the organising of both shoot and dinner if you get your entries in early; every year Amanda panics about the entries because so few are in the week before the shoot and then they come with a rush - make her task a bit easier and give her a surprise this year!

As I have a small space left I would like to make a brief report on Bridget Oram's funeral. This was held on Monday 8th. May at St. Andrew's church in West Hatch and many Somerset archers - past and present - gathered to pay their last respects to a lady who never lost her interest in archery. I think the vicar was rather surprised at the number of people present in the little village church; I was not, as I've found that archers tend to be quite a close family and often remain in touch with friends made through the sport even if they no longer take part.

Chris

OBITUARIES

The 26th. of April was a very sad day for many of us in Somerset. Bridget Oram, widow of former British Champion Bert Oram, and a well known archer in her own right, passed away after suffering a stroke. Those of you who were present at the 125th. Grand Western Archery Meeting may have seen Bridget cutting the cake - which tells you of the esteem in which she was held. On the last occasion that I saw Bridget - 1st. January 1999 - I took the photo below and the desire to hit the target was still there!

Earlier in the day the news of the death of David Wright had reached me and had come of more of a shock than Bridget's death in some ways as I knew Bridget had had a stroke, but when I saw David ten days ago there was no mention of health problems. David was not an archer but his wife, Sheila, is - she was the Lady Paramount at the 1998 Somerset Championships at Dunster - and David was often present when Sheila was shooting. He always struck me as a very erudite man with a dry sense of humour who I'm sure would like to be remembered for his love of puddings!

I would like, on behalf of the Somerset County Archery Association, to offer condolences to both families, and I'm sure both Bridget and David will long be remembered with affection by archers in the West - especially at Dunster Week which they both enjoyed.





S.C.A.A. LIBRARY

In the last issue of the Newsletter I said that, if I remembered, I would put in a list of books and videos that the County intend to auction off at the Inter-Club shoot on the 17th. September - I remembered!

Videos (with very brief description) :-

'Secrets of the Shot' (approx. 120 mins) - a top American coach, Len Cardinale, talking about all styles of shooting and how to improve.

'Target Panic: Its Causes & Cures' (Approx. 60 mins) - the second part of Len's seminar.

'Why We Miss' (approx. 30 mins) - two "good old boys" talking about, and showing, the effects of heavy and light arrows and the results of misjudging distances.

'The Winning Edge' (approx. 22 mins) - Jay Barrs setting up a bow. Some arrow flight and limb movement sequences.

'The Barcelona Olympics' (approx. 30 mins) - Exactly that! 30 minutes of shooting - plus that famous 'flaming arrow'

'The Release' (approx. 40mins) - Jim Pickering (finger) and Dee Wilde (mechanical) talking about, and demonstrating, the release.

'The Bow Mechanic' (approx. 45 mins) - Larry Wise on compound bow adjustments, repairs, etc.

'Professional Arrow Assembly' (approx. 50 mins) - how to make a matched set of arrows, (aluminium and carbon arrows), some repetition.

'Supertuning Your Bow' (approx. 55 mins) - step by step tuning of the compound bow.

'Shooting Form & Problem Solving' (approx. 50 mins) - based around compound shooting but there are bits that apply to recurve bows (sorry - Olympic!)

The books are Robert Hardy's "Longbow" which is recognised as being the definitive book on the subject - and, yes, it is Robert Hardy the well known actor. "The Third Invention" by Steve Hayes is about the development of bows and arrows from earliest times told in story form."Archery : Steps to Success" (Haywood and Lewis) takes you through all aspects from fitting out with basic equipment to tournament shooting and upgrading of equipment and "Shooting Stars" by John Holden is a profile of Mark Blenkarne, Steve Hallard and Philip van Buren with their comments on how they shoot.

HAVE-A-GO SESSIONS

Having spoken to a few people on this subject I thought I would put my ideas on paper - if you feel differently you are quite welcome to let me know and I will print your views.

Let's start with what I consider to be 'have-a-go' sessions. To me these are held at public events such as fetes etc. where the public are out in force; they are not where a club arranges to take a group of people from the Women's Institute, Round Table or whatever and give them a 'taster' session. I have done a number of 'taster' sessions for various groups, usually lasting between one and two hours, and I tend to treat them as I would a group of beginners coming for their first lesson - I go quickly through the safety rules (shooting line, waiting line, fast, come down, only point arrows at target) kit them out with a tab and a bracer, do a quick talk through and demonstration (absolute maximum of three arrows!) and off we go! To make life easier I have found it best to restrict the group to 12 - I will go higher if necessary but would prefer to do two sessions with fewer people - and use 4 bosses (at 10 yards and with full size faces) with one bow and three sets of 32" arrows to each boss, these are kept in a ground quiver on the shooting line so there is less opportunity for things to go wrong. By using long arrows I avoid having to match archers with arrows - but I do check to make sure none of the 'tastees' (?) draws more than 32". After their first end I explain, and demonstrate, how to collect arrows in safety; at the halfway stage we break for five minutes or so for them to have a drink and a little rest and I will often do a little talk and demonstrate different bows, I keep a strict watch on the time and 10 minutes is absolute tops for this. At the end of the session I tell them how to get into archery if they are so inclined and they go away feeling they know a little bit about archery and having achieved a degree of success.

Have-a-go events are to my mind totally different, they should be money making ventures - not teaching sessions. You can do the teaching once you've got them in the club situation! This is not to say that they are less difficult than the taster sessions - in many ways they are harder as you have to make sure the range is secure and this is often more difficult because you are not on your own in the middle of a field but are usually much closer to the general public. You need to talk to the organisers and make sure that they understand what you need, most people don't understand that even a low powered bow will throw an arrow a long way, and insist on all the safety precautions. What you charge is of course up to you, 50p for three arrows seems fairly standard - though I know of one club who charged £1 for three arrows and still kept punters flowing through! As they are only going to shoot three - or maybe six - arrows, a tab is not necessary, a bracer is! Use full length arrows - for the same reasons as above, help put arrows on string, get them to put three fingers under the arrow (to avoid arrow pinch) and just get them to pull back so top finger is in corner of mouth, sight along the arrow and let go; if the targets are at close range they should hit something. I prefer to use lots of arrows - the punters don't collect their arrows as this also wastes time! - but you need to keep track of what has been shot.

There are some things that you need to keep an eye on because you don't want anyone to go away having had an unpleasant experience; do a quick visual check for things that could get caught in the bowstring (long hair, nose studs, badges, buttons etc.) and position the bracer correctly, be aware of where the string is lying at full draw - particularly with ladies.

Get 'em through quickly and safely - they should enjoy it and you should make some money!

THE BEGINNER & THE BOW

Years ago it was common to start beginners off with bows of around thirty pounds draw weight (I have read articles where it suggests 25lb at 26" for ladies and 36lb at 28" for gentlemen.) Things have moved on and, hopefully, we are now much wiser; those who have done any form of coaching course will know that we now start beginners off with light weight bows - if possible 20lbs or less - and work on giving them the right technique.

Ideally, they should then move up in draw weight gradually, so allowing them to retain technique and form rather than just shooting by strength alone. This is particularly important with youngsters as by over-loading the growth plates at the ends of their bones we could cause serious damage.

I believe that over-bowing beginners can also cause them to drop out of the sport; because they never learn to shoot properly they find it hard to be consistent and improve their scores - leading to frustration and, finally, to pastures new.

Club members can also be most unhelpful to beginners by trying to (and frequently succeeding in) selling them their old equipment. The kit itself may be fine - though some of the stuff I have seen I would consider to be only fit for throwing on the fire! - but not for a beginner. The worst case I have seen was a beginner who appeared after only two lessons with a 44lb bow that a member of the club he was with had sold him - it might have been a good bow for an experienced archer but the poor man who had bought it could hardly draw it back once, let alone shoot with it! He'd been told he would "soon grow into it" by the seller who was obviously more interested in selling his old bow than in the archery welfare of the beginner (there was a happy ending in this case - at least for the beginner! - he returned the bow, got his money back and is still shooting.)

The following is from an article I found fairly recently and which puts matters very clearly, although it is specifically referring to young archers I think it also applies to beginners.

A SHORT GUIDE FOR THE PARENTS OF YOUNG ARCHERS

by John Kember-Smith
(GNAS National Coach Emeritus)

'Initially archery should be fun and little more. Enjoyment is the name of the game and this should continue even at the highest level of performance. A good shooting form can be established with even the most basic simple fibreglass bow, but it can be destroyed almost in an instant if the draw weight is even slightly more than the child can cope with while fatigue can be the enemy if the bow is too heavy in the hand.'

If we want to keep the archers we do attract into the sport we need to nurture them carefully at the start of their archery career; give them kit they can handle and learn the correct technique with, give them success - particularly early on - by keeping the range short and the target big and, above all, remember why they are there. If you don't know why they're there, let me remind you - they've come to shoot arrows, not to listen to erudite explanations or watch 'teacher' demonstrate his or her ability, they want to shoot - all the rest comes later (when you've got them hooked!) **If they don't get to shoot - they won't join the club.**



SNIPPET

'A bowman, left-handed, is undoubtedly the most ungainly of monsters, to whom the recommendation of even so grave an authority as Plato fails to reconcile us. . . . I repeat, however, that it has a very contemptible appearance, and is unpardonable, because any one may cure himself of the bad habit in a week.'

Taken from George Agar Hansard's "Book of Archery" published in 1841 - and just as true today as it was then!★

WHOOOPS!

I can see this being a regular feature in Somerset Archery News! Yes, I got something else wrong in the last issue (I actually do it on purpose as it gives me something to write about in the following issue - and if you believe that)

The article on the new scoring system - perhaps that should be 'the current scoring system' as it has been in place for over a year now - did have a mistake in it. FITA scoring doesn't have 'golds' in the same way that GNAS does, they count 'tens' and 'inner tens' (Xs) so the headings on the FITA scoresheet should be '10s' and 'Xs' and not 'G' and 'Xs'. Most people only use one type of scorebook - and most of the commercial ones that I have seen are 'Imperial'; however, in this day of computer generated scoresheets for tournaments it would be very simple to change the 'G' to a '10' and I think this should be done for FITA rounds.

My thanks to Lynne Evans for pointing this out to me; I hope to be able to include a contribution, either from or with, Lynne, in a future issue.

As pointed out above, computers are very useful but they can catch you (well, me at any rate!) out and mine made a mistake on the back page of the last issue. I used the 'cut and paste' facility to save re-typing the info regarding Burnham's shoot on the 4th. June - but the computer forgot to change the round; please note that it will be a 'Friendly FITA' and not the York / Hereford that I advertised. My apologies to Burnham and I hope to see lots of you there; may I remind you that the idea of the 'Friendly FITA' is that those wanting to shoot help set out, move the targets at change of distance and help putting the equipment away in return for which you pay a reduced shooting fee and, most importantly of all, have a great day's shooting. Incidentally, Bath Archers also do a Friendly FITA - on the 14th. May.

There was also an omission - every year we have to decide who we are going to present the Margaret Lewis Memorial Medal to, it is awarded to a Junior Archer who, in the opinion of the Management Committee, has been outstanding in some way. This year it was awarded to Joshua Lowe from my club - makes the omission even worse doesn't it? There are no hard and fast rules as to why the Medal is awarded, it can be for achievement, sportsmanship, etc.; there does have to be a nomination for any archer whose Club consider them worthy of the Award - which must be with the County Secretary before the end of the year - and these are considered by the Committee at the first Management Meeting in the following year and the Award decided. The presentation takes place at the County and Regional Championships, this year on the 24th. June at Puriton (got it right this time!) Part of the nomination read 'Josh started Archery in 1993 and has been the County and Regional Champion in his age group on four occasions and County Champion on one other. In 1995 he was 2nd. in the National Outdoor Junior Championships and he repeated this achievement again 1997 when he shot 1206 for the Bristol III to obtain his Gold "Rose" - the day before he had won the Metric III with a score of 1295. In 1996 he was the National Indoor Junior Champion for his age group; in 1997 he was 4th. although just a month past the birthday that put him into this age group; last year he was second again - beaten by Justin Gibb who is undoubtedly the top boy of his age in the country.'

ANOTHER SNIPPET

Harrow School, founded in 1571 by John Lyons, had, as its third 'rule' - "You shall allow your child at all times bow, shafts, bowstrings, and bracer, to exercise shooting." Arrows were sculptured into the buildings and were used to mark the covers of school books; a silver arrow was shot for by twelve boys (presumably the best twelve shots in the school)

★ My apologies to all you monsters 'lefties' - just my little joke! Hopefully, one of the first things to be checked with beginners is their 'eye dominance' - which will give the tutor a good idea of which way round to start them. If you don't understand this - please get in

FOR SALE

RH BROWNING VANGUARD 2, 40/50lbs, 25" - 27", compound bow - £175

LH SUPERSLAM, 55/70lbs, 28" - 30", Hoyt compound bow - £125

LH MARTIN FIRECAT, 45/60lbs, 28" - 30", compound bow WITH a pair of limbs to make it into a 68" - 40lbs @ 28" recurve bow!! - £75

LH HOYT RADIAN riser with PSE Carbon limbs 68" - 38lbs @ 28" recurve bow - £300

CASCADE 8 release aid (relax thumb to loose arrow) - £45

16 ACC ARROWS, 3-18 with 82 grain piles, 29½" - £50

If you are interested in any of the above items please contact Mike and Helen Hawkins on 01935 424667 or by e-mail at Mike.Helen@nationwideisp.net

54" UMBRELLA with bivouac canopy - £30. Contact Kerry Morgan on 01278 684799 - evenings only.

SET OF 8 arrows, X7 1714s, 26½" with Beiter nocks - £25. Chris - 01823 413624

TD01 BOW - R/H 66", 24lb @ 28" in Dunster case with silver Arten R10 sight, medium A&F tab, bracer, quiver, stringer, set of six 1516 E75 (26") arrows and set of eight 28" Hornet arrows - £80 ono. Chris - 01823 413624

COMPOUND - L/H red 25/35lb. 26/28" Pearson 'Renegade' with Summit II sight, Tollgate and 'Pod' bowstands, longrod, left-hand quiver, release aid, arrow puller and three sets of arrows all in a soft case. £150 ono. Chris Hassall - 01823 413624

WANTED

Books on Robin Hood - from comics to serious treatise. Also, (almost) anything else with an archery theme given a good home! Chris - 01823 413624

Archery related articles, 'snippets', ideas, poems, tournament reports, etc. etc. to help fill out the pages of Somerset Archery News - this is your newsletter, so give me some help in making it more interesting and varied. I put in what interests me - but does it interest you?

To advertise here - ring
Chris on 01823 413624



Tournaments - 2000

May 28	Burnham CoA	York/Hereford/Bristols	BASC, Burnham Ann Bye, 43, Sheepphouse Park, Easton-in-Gordano, Bristol. BS20 0NL
Jun 1	Coastal Archers	Single Clout	Berrow, Burnham Alex Kerby, The Warren, South Road, Brean, Burnham-on-Sea, Somerset. TA8 2RF
Jun 4	Burnham CoA	York/Hereford/Bristols	BASC, Burnham Ann Bye, 43, Sheepphouse Park, Easton-in-Gordano, Bristol. BS20 0NL
Jun 11	* S.C.A.A.	York/Hereford	Dunster <u>S.C.A.A.</u>
<u>Championships</u>			
Jun 12/18	Chris Hassall, 38, Acacia Gardens, Taunton, Somerset. TA2 8TA	Dunster Week §§	Dunster
	Monday	FITA	
	Tuesday	Albion or Field	
	Wednesday	Longbow (Two-way Western)	
	Thursday	Double Two-way Clout	
	Friday	Western	
	* Saturday/Sunday	Double York / Hereford	
Jun 25	* SCAA & GWAS	York/Hereford/Bristols	Puriton <u>Junior Championships</u> Vikki Gallop, 2, Barrie Way, Burnham-on-Sea, Somerset. TA8 1QT
Jul 1/2	G.N.A.S.	FITA/Metrics - Y/H/Bs	Swindon <u>Nat. Jun. Champs</u> To be arranged - watch this space you juniors!
Jul 2	South Wilts	York/Hereford	Salisbury S. Jennings, 14, Ramleaze Close, Salisbury. SP2 9PA
Jul 9	* DWAA	FITA Star	Devizes Andrew Pulleyblank, 95, Moore Avenue, Kinson, Bournemouth. BH11 8AU
Jul 14	Civil Service	York/Hereford	Taunton Civil Service Club Hilary Collins, 6, Princess Road, Taunton, Somerset. TA1 4SY
Jul 16	Tockington	York/Hereford/Bristols	Tockington Brian Roynon, 59, Down Road, Portishead, Bristol. BS20 8RB
Jul 23	Coastal Archers	York/Hereford	Berrow, Burnham Marion Kerby, The Warren, South Road, Brean, Burnham-on-Sea, Somerset. TA8 2RF
Jul 29/30	* Andover	Double FITA Star	Andover Reg Press, 38, Leigh Road, Andover, Hants. SP10 2AT
Aug 13	Bath Archers	Mixed Hereford	Batheaston Tony Newland, 10, Gibbs Leaze, Hilperton, Trowbridge, Wilts. BA14 7QN
Aug 20	¿ W.S.CoA	York/Hereford/Bristols	Danesfield School, Williton Tim Pattemore, Three Gables, Burton, Stogursey, Bridgwater, Somerset. TA5 1QB
Sep 10	SCAA	Battle of Britain FITA Star	BASC, Burnham Tim Jackson, 14, Marron Close, Axbridge, Somerset. BS26 2PE
Sep 17	¿ SCAA Inter-Club	Somerset Rounds	Taunton Cricket Ground Amanda Tompkins, 7, Rowan Close, Puriton, Bridgwater, Somerset. TA7 8AL
Oct 8	Burnham CoA	Albion	BASC, Burnham-on-Sea Ann Bye, 43, Sheepphouse Park, Easton-in-Gordano, Somerset. BS20 0NL
Oct 8	Bath Archers	Traditional Longbow	Batheaston Richard Head, 405, The Spa, Melksham, Wilts. SN12 QL
Nov 12	Bath Archers	Field Shoot	Hunstrete Mrs. S. Simmons, 121, Ringwell Gardens, Grosvenor, Bath, Somerset. BA1 6BW

§§ Entry forms for Dunster Week are sent out in the middle of February - all at the same time - so if you want to be there, especially for the Double (June 17th. & 18th.), get your request for an entry form in to Janet before mid February and get your entries back as soon as you can!

- * Rose Awards / FITA Stars may be claimed at these Tournaments
- ¿ Please note change from usual venue!