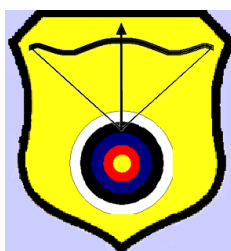


# Wicken Archery Club "Shooter" The Quarterly Bulletin



Edition 2

Spring 2008

---

## Welcome to the Second Edition of the Shooter.

Welcome to the second edition of the Wicken Archery Club bulletin. The aim of the bulletin is to provide a source of information on what is happening in the club, competitions, technical notes, social events and new members. Unfortunately there have been few items submitted by members for this edition, but not to worry we still have enough material to produce what we hope is a useful bulletin.

Now that Spring is approaching I expect you are all looking forward to the new outdoor season as much as I am. Not long to wait now as the Club will return to the Wicken Sports Field on the 14<sup>th</sup> April.

**All the best for Spring and the new outdoor season.**

*Clive Trundle, Club Chairman*

---

## New Members

We have just one new member to welcome to the Club since the last Bulletin was produced.

*Paul Birch a compound archer, his prime Club is SALT.*

## Coming Events

**14<sup>th</sup> April** the Club moves to shooting outdoors at Wicken. You can arrive from 18-00hrs to shoot as Clive is usually there early to unlock. Remember that you can use the field to shoot at any time when it does not clash with other events and is SAFE. If

you are going to shoot other than on a Club Night there must be two people there. One can be a non archer, but if this is the case the second person must understand the safety requirements and keep a weather eye open for straying pedestrians and horse riders. In theory there should not be a problem as there are no footpaths or bridleway within the safety margin of the shoot area. But the dog walkers, need I say more?  
**27<sup>th</sup> April** the Ken Inkly memorial Shoot at Peterborough.

Wickam Archery Club meets on Monday and Tuesday evenings at Wicken Sports Ground in the summer and Silverstone Recreation Centre in the winter.

For information on archery courses and meetings email: [clive.trundle@btinternet.com](mailto:clive.trundle@btinternet.com)

Or [peter@pbrearley.co.uk](mailto:peter@pbrearley.co.uk)

4<sup>th</sup> May the 1<sup>st</sup> Caswell Shoot at Kettering.  
11<sup>th</sup> May the WOAC Open Shoot at Wellingborough.  
Application form are available on the NCAS web site or direct from the host club.

---

### **Who is who of Club Officers and Coaches**

*Clive Trundle*

**Chairman and Assistant Treasurer,**

*David Green*

**Treasurer and Equipment Officer**

*Vanessa Stanley*

**Competition Secretary, Child Protection Officer and GNAS Level 1 Coach**

*Peter Brearley*

**Membership Secretary and GNAS Level 1 Coach**

*Louise Harrison*

**GNAS Level 1 Coach**

*Peter Harrison*

**GNAS Level 1 Coach**

*Corin Brearley*

**Web Master**

---

## **Wicken Archery** **Website**

**Yes you did read that right; we have a new website!!**

**[www.wickenarchery.org.uk](http://www.wickenarchery.org.uk)**

**At the moment the content of this site is limited yet growing. The results of the Wicken Open are ready to be uploaded, new club records are also ready to be shown to the world having originally been loaded a year out of date.**

**So this is where you the club come in; what we need now is some "New Content".**

- **We could have some space for shoot reports (maybe a photo or two).**
- **We could have a Who is who of your committee.**
- **We can post news letters for download (like this one will be).**

**There is not really any limit to the content of the site, (providing there is room for it) But just remember that the site is public, so nothing that "Flames" anyone else and nothing you don't want to be public knowledge (like phone numbers).**

**Links:**

**As you can see if you look at the site we have a few already; if you think there are any other sites/organisations we should link to, then let me know. Are there other sites that could link to us?**

**The site will be as good as we make it so please give it some thought.**

**Regards**

**Corin  
Webmaster**

---

Wickam Archery Club meets on Monday and Tuesday evenings at Wicken Sports Ground in the summer and Silverstone Recreation Centre in the winter.

For information on archery courses and meetings email: [clive.trundle@btinternet.com](mailto:clive.trundle@btinternet.com)

Or [peter@pbrearley.co.uk](mailto:peter@pbrearley.co.uk)

## What do you know?

Here is the explanation of the terms used in the last edition of **What do you know?**

### 1) Over Bowed

This term refers to a situation where the bow which the archer is using has a draw weight that is too heavy for that archer. It commonly occurs with juniors and lightly built/muscle archers and can easily lead to injury.

### 2) The Epiphysis

The Epiphysis is the area at the end of a long bone where growth takes place. In young people this area of the bone is prone to injury from the archer being "over bowed" When injury to the epiphysis takes place, it can effect further growth and cause permanent damage or disability.

### 3) The Olecranon Process

This process is the "knobbly bit" that you can feel on the back of your elbow. It is sometimes referred to as the "funny bone" The purpose of the process is to stop the arm being over extended, (bent the wrong way). In young people this process is soft and under developed, with the result that the arm may be over extended if the archer draws a bow that is too heavy for them, (over bowed). Having your arm bend back past the normal point of straightening is not an experience that anyone wants. The injury will be painful and can cause lasting damage.

### 4) A Robin Hood

This term describes the situation where, an archer shoots an arrow and then shoots a following arrow which has the same flight path with the result that it enters the back of the first arrow. The knock on the first arrow is inevitable destroyed along with one if not both arrows. The second arrow remains lodged in the back of the first arrow. If you have never seen an

example of this, ask Peter who has a sample provided by Clive!!

### 5) A Flight Shoot

A competition to shoot the longest distance with archers competing against other archers of the same classification using bows of the same classification. E.g. Junior Longbow, Ladies Re-curve. It is the only archery round where there is no target. The object of the competition is to see who can send their arrow the furthest.

### 6) A Clout Shoot

A round shot over a measured distance, (e.g. gents 180yds) where the archer tries to land their arrow on the ground as close to a "clout flag" as possible. A measured cable is then walked around (forming a circle around the flag), this cable is divided into score zones (5 in the centre and 1 on the outside) whereby the archer is allocated a score.

### 7) Compound unlimited

This term refers to a competition classification where the archer is using a compound bow without any limit to the accessories that can be attach to the bow. E.g. sites, stabilisers etc

### 8) Footed arrows

Footed arrows are wooden arrows where a length of arrow shaft, usually from a darker and harder wood, has been spliced into the pile end of the bow. It looks pretty, is said to add strength and may change the weight distribution over the length of the arrow. This is due to varying wood density and moisture content.

### 9) Bare Bow

A bow to which there has not been any accessories added. This includes not having an arrow rest. A good example is a traditional longbow.

### 10) String Walking

A system of varying the flight of the arrow by moving the draw fingers up or down the string beneath the arrow. This is a standard procedure used in

“Bare Bow” where there are by definition, no sights to adjust.

---

### **What do you know? Edition 2**

Try your cerebral powers on these questions which are aimed at encouraging new archers to increase their knowledge.

1. What is a spine matched arrow?
2. What is a barrelled arrow?
3. In a Field Round, what is an unmarked target?
4. What is JAWS to archery?
5. How many times per year is Archery UK published?
6. What do bamboo, osage and greenheart have in common?
7. NCAS stands for what?
8. GNAS is the Grand National Archery Society, but what is NFAS?
9. What is the traditional weight used when defining how heavy an arrow pile (point or head) is? Is it ounces, grammes or grains?
10. Mrs. Ann Shepherd is the editor of what magazine?

**Answers in the next edition, why wait, ask an archer.**

---

### **Outdoor competitions**

With the outdoor season approaching you may want to think of taking part in competitions. With this in mind here are a few things you will need to take with you or have ready.

We can split this into three sections, protecting against the weather, fuelling the body and equipment.

#### **1. Weather**

Generally the only reason a competition is not started and completed is if a thunder storm occurs. So you need to protect yourself against the British weather. A shelter is a good idea, either a small tent or a large fishing type umbrella. This will give you somewhere dry to keep your

equipment, food and yourself between shooting. A folding chair to sit on will keep you feeling fresher than if you are on your feet all day. A light weight rain proof coat is a necessity and rain proof trousers are also worth taking. A hat is useful to keep your head dry and sun off. In hot weather you can dampen the hat and let the evaporation of the water keep your head cool. Sun cream will stop your skin burning in the sun, standing in even light sunlight for the 8 hours of a typical outdoor competition will cause skin burns unless you have adequate protection.

#### **2) Food**

Food and drink are important during an outdoor competition. Some competition organisers will make hot drinks available throughout the competition. Its best not to rely on this, since not all clubs have the facility to do it. Take water with you, about 4 litres should be OK, and drink throughout the day. Once you feel thirsty its too late so take a drink every dozen arrows. Hot drinks are also worth taking along. To keep your energy levels stable think about the type of food you take with you. Make sure you have bananas or dried fruit and try to avoid the foods that give you a sugar rush such as sweets, cakes and pastries. Again eat little and often, think of tennis players, they tend to have a bite of something most times they change ends.

#### **3) Equipment**

Since the outdoor competitions are longer than you normally shoot there is more chance of equipment failure. Always have at least one extra string that is set up the same as your main string. I have damaged a string during “sighters” after travelling an hour to a competition. Without a spare it would have been time to go home. Always have a spare tab that has been “shot in”, preferably one with a synthetic

Wickam Archery Club meets on Monday and Tuesday evenings at Wicken Sports Ground in the summer and Silverstone Recreation Centre in the winter. 4

For information on archery courses and meetings email: [clive.trundle@btinternet.com](mailto:clive.trundle@btinternet.com)

Or [peter@pbrearley.co.uk](mailto:peter@pbrearley.co.uk)

face to use during wet weather since leather tabs and rain do not go together very well and your scores will suffer. At most competitions you will find your competitors very helpful if you have a problem. In the case of an equipment failure that you cannot solve yourself, ask your target companions, they will probably be able to help. Remember though, if you have spares for key items on your bow, you may be the one to help someone else out.

At the end of the shoot remember to shake hands with your target companions, thank those who pulled arrows for you or recoded your scores. Enjoy the outdoor season.

*Clive Trundle, Chairman*

---

### **Physical Training**

It is often repeated that getting good scores in archery can be down to luck and the more you practice the luckier you get! People at the top of the sport spend long hours honing their skills, shooting every day in practice or competition.

At the other end of the scale club archers rarely have the time or facilities to allow them to shoot every day and may get by on 2 hours once a week. Even if you get out twice a week, as we do in Wicken AC it is a good idea to do a few strength and endurance exercises during the week to keep the muscles in trim. It does improve your scores.

To start with, warm up. In competitions you will be putting yourself under more strain than you do shooting at a Club night.

Endurance is essential in competition archery since you need to be able to shoot the last arrow as easily and controlled as the first or you will lose

points. One method for improving endurance is doing reversals. This involves nothing more than drawing the bow back to your normal draw length with correct stance and anchor for the string and aiming correctly. Remember **DO NOT DO THIS WITH AN ARROW ON THE STRING AND DO NOT RELEASE THE STRING.** To start with hold at full draw for 5 seconds then relax and rest for twice the hold time (10 seconds). At the end of the rest time draw the bow again and repeat the exercise a total of 10 times. Have a brief rest of say 5 minutes then start again. After a few sessions when you find it easier increase the hold time by say 5 seconds and increase the rest time between drawing the bow in line with this increase. Do not over do the exercise though; stop if any muscles give signs of problems.

Strength is also important and you should be able to draw the bow you are using easily and repetitively. Strength can be gained by using your bow in the same way you would exercise weights. Hold the bow up to your normal start position without an arrow on the string. Draw the string back to your normal anchor position and hold for 5 seconds, relax to your normal set up position for 3 seconds then draw again. Repeat up to 5 times to start with then rest for 5 minutes and repeat another couple of times. As you get stronger increase the number of repetitions in each set. It is suggested that unless you can do this for at least 8 repetitions then you may be over bowed. (See the section on Answers to **What do You Know** for a definition). *Clive Trundle, Chairman*

---

### **To damp or not to damp**

Wickam Archery Club meets on Monday and Tuesday evenings at Wicken Sports Ground in the summer and Silverstone Recreation Centre in the winter. 5

For information on archery courses and meetings email: [clive.trundle@btinternet.com](mailto:clive.trundle@btinternet.com)

Or [peter@pbrearley.co.uk](mailto:peter@pbrearley.co.uk)

There have been various discussions about the correct place to put dampers on your bow, (as against stabilisers). The following comments have been taken from the Web Site of Border Bows. This company manufactures bows and therefore has available to them all the equipment to test bow performance. There is little reason to doubt the figures that they quote. However, in editing this Bulletin, I have removed some of the tongue in cheek comment that appeared on the Web Site.

#### Quote

Our view is that **limb savers** mask bow feedback. An ill placed hand will give vibration, so will a bad loose.

Why do you want to mask this feedback?

The pro's use **limb savers** on the **limb** riser, which is in effect the solid, non-working part of the bow! This is where they do least damage to performance and would do less damage to bow feedback if placed on your equipment box.

We struggle to get 300grains out of the working **limb** to gain speed and less hand shock and the **limb** saver company think its wise to add that back on!

You should always question what the Pro archers do, is it sponsorship, or does it actually do something.

Do you think a Nike watch helped Denis Rodman play basketball? 250grains uniformly over the **limb** is up to about 3fps.

250grains 2/3rds of the way up the **limb** as advertised on the **limb** saver box would be substantially more.

2fps is equal to 1 lb in bow weight.

A bad setup can be say 7fps.

and **limb savers** can give you both 250grains of speed absorption, and hide a bad setup. So in this example suck 10fps out of your well spent money.

If you think your bow is well set up,

and are happy with its performance, then feel free to stick them where you want, but our recommendation is add them to the non working part of the bow, where they will do least damage to the limbs performance. This is our opinion, and the good thing about archery is everyone can vote with their feet, as the difference in opinions makes this sport interesting."

Clearly the message from Border Bows is that there may be no advantage to fitting limb savers and that they are likely to mask other problems and reduce the performance of the bow. You need a higher draw weight to achieve the same speed as would have been the case before the savers were fitted. If this opinion is correct then clearly the plan should be to ensure that the bow set up is correct and then leave well alone. Any errors in article belong to Border Bows!!

*Editor*

---

#### Annual General Meeting

The Club Constitution requires that we have the AGM in August to agree fees prior to renewals becoming due. The notes of the 2007 AGM show that the recommended date for this is 3<sup>rd</sup> Thursday in August – **(21<sup>st</sup> August 2008, Venue to be agreed). Please put this date in your diary.** The notice of the meeting will be published in the Summer Edition of this Bulletin. Unless dealt with before that date by virtue of a special general meeting it is likely that there will be a number of documents, policies and procedure to be adopted in order to meet the requirements of Club Mark.

---

#### Club Mark

The Club has started the process to gain Club Mark Accreditation. Watch your email for updates.

Wickam Archery Club meets on Monday and Tuesday evenings at Wicken Sports Ground in the summer and Silverstone Recreation Centre in the winter. 6

For information on archery courses and meetings email: [clive.trundle@btinternet.com](mailto:clive.trundle@btinternet.com)

Or [peter@pbrearley.co.uk](mailto:peter@pbrearley.co.uk)