

Phoenix Bowmen of Halifax



Phoenix Bowmen News

August 2015

Summer Club Championships

The Phoenix Bowmen Club Championships will be held on **Sunday the 16th of August 2015**.

We'll assemble at 10:30 AM for an 11:00 AM start. Please try to get there for 10:30 - there's a lot to be done.

The rounds shot will be Western-family (4 dozen at a longer distance, 4 dozen at a shorter distance).

Most seniors will shoot a Western round - 4 dozen at 60 yards, 4 dozen at 50 yards.

New seniors who are not confident of hitting at 60 yards can shoot shorter distance rounds. Please let us know if you would prefer a shorter round and the maximum distance at which you feel comfortable.

Visually impaired seniors will shoot a Burntwood 3 round - 4 dozen at 30 yards on a 60cm face then 4 dozen at 30 yards on an 80cm face, five-zone scoring. This round will also be available to anyone who's not comfortable yet beyond 30 yards, but please let me know if you want to shoot this. Only VI archers will be eligible for awards on this round.

Juniors will shoot a Junior Western (4 dozen at 40 yards, 4 dozen at 30 yards), unless they prefer to shoot a different round.

If you'd prefer to shoot a shorter or longer distance, please let me know.

There will be awards and

trophies in all categories. This will also include a handicap award, which will show who has shot best compared to their usual standard. This one is everyone's best chance of a trophy!

To be eligible for this award, you need a handicap, of course. For this to be calculated, you must have submitted three scores for this year to David King. These can be scores from proper rounds, scores from 2 dozen arrows at an imperial distance or 3 dozen arrows at a metric distance (or a combination of the three). If you want to be included and don't have a current handicap make sure the three scores are submitted to Mr King as soon as possible.

There will also be the wooden spoon...which reminds me, need to buy one.

The Nick Crowther Trophy will be awarded for the best gold at the longer distance.

The Stan Broadbent Trophy will be awarded for the best gold at the shorter distance.

We'd like all trophy winners from last year to return their trophies before the shoot, please.

Food-wise, we ask that everyone brings their own, unless someone fancies catering or organising a "Jacob's Join".

I'd be grateful if you could let me know whether or not you will be attending and what bow type you are shooting, so we know how many targets to set up.

Upcoming Tournaments

- **Saturday 8th August**
YAA Longbow Champs.
- **Sunday 9th August**
Danum Archers Top Down.
- **Sat 29th & Sun 30th August**
York Archers Double FITA.
- **Monday 31st August**
York Archers FITA 900.
- **Sunday 30th August**
NCAS Flight Champs 2015.
- **Saturday 5th September**
Wakefield Pomfret 60.
- **Sunday 6th September**
Adel End of Season Open.
- **Sunday 6th September**
NCAS Clout Champs.
- **Saturday 12th September**
Ascham Silver Arrow.
- **Saturday 19th September**
Chantry Crecy Shoot.
- **Saturday 26th September**
Barnsley Longbow Tournament.
- **Sunday 27th September**
Barnsley Albion & Windsors.
- **Sunday 27th September**
East Riding FITA 720 & H2H.
- **Saturday 3rd October**
White Rose Autumn Shoot.
- **Saturday 10th October**
York Archers October Clout.
- **Saturday 10th October**
Chantry Great Western.
- **Saturday 17th October**
National Clout Champs.
- **Sat 24th & Sun 25th October**
NCAS/YAA Field Champs.
- **Sunday 1st November**
Bridlington Portsmouth Comp.

Hope to see you there.

Tim Mason

Outdoor Season Update - June

There were 99 rounds put in this month.

Well done Mr Evardson on his Bowman.

Please help new archers with the shooting of rounds and the putting in of those scores.

Could I ask all archers who score to send them in as soon as possible after shooting as this helps me a lot, especially when there are new archers to process. Also if you need 252 badges, or you have gained a classification award by sending in the appropriate scores, don't forget to ask me for them.

Again well done to the archers below,

David King

Club records claimed from:

1st Place

Mr W, Evardson
York, Long Metric Gents - COM
Miss K, Johnson
National - U18 RC
Miss E, Newton
Junior National - U14 COM
Mr N Patterson
Long Warwick - COM

2nd Place

Mr C, King
National. LMG - COM

3rd Place

Mr M, Queen
National - COM

Classifications gained in June.

Bowman

Mr W, Evardson COM

Unusually, there were no other classifications gained this month.

Handicap improvements:

Mr J, Hudson RC 75,
Mr T, Hudson RC 75,
Miss K, Johnson RC 43,
Mr M, Johnson RC 43,
Mr C, King Com 26,
Mr T, King RC 54,
Mr M, Queen Com 26,
Mr A, Sutcliffe LB 68,
Mr A, Sutcliffe RC 46,
Mr D, Thornton RC 41.

Outdoor Season Update - July

There were 79 rounds put in this month.

Well done Mr Sawicki and Miss Newton on their BM / JBM.

Also well done to the all archers below,

David King

Club records claimed from:

1st Place

Mrs L, Atkins
Warwick - BB,
Mr W, Evardson
Short Metric I, WA 1440 - COM,
Mr N, Patterson
Windsor - COM,
Mr J, Shaw
Short Metric 4 - U14 RC,
Mr L, English
Short Metric 4 - U12 RC,
Mr B, Fenton
Windsor - U16 COM,

Miss K, Johnson
Frostbite - U18 RC,
Mrs N, Newton
Albion - LB,
Mr L, English
Short Metric 4 - U12 RC,

2nd Place

Mr M, Queen
Short Metric I - COM,
Mr A, Sutcliffe
Long Metric 1, Long Western - LB,
Mr A, Newton
Junior National - RC,
Mr W, Evardson
Windsor -COM

3rd Place

Mr N, Patterson
Long Metric (Gentlemen) - COM,
Mr A, Wilkinson
Windsor - LB,
Mr A, Newton
Albion - LB,
Mr M, Queen
Long National - COM

Classifications gained in July.

Bowman

Mr B, Sawicki LB BM.
Miss E, Newton Com JBM.

2nd Class

Mr D, Nutbrown RC

3rd Class

Mr N, English RC
Mr S, Bailey RC
Mr L, English RC

Handicap improvements:

Mr A, Sutcliffe RC 45,
Mr S, Bailey RC 50,
Mr A, Sutcliffe LB 64,
Mr N, Patterson Com 24,
Miss E, Newton Com 53,
Mr N, English RC 54,
Mr M, Johnson RC 40,
Mr A, Wilkinson LB 70,
Mr A, Newton LB 67,

Windsor Shoot

Sunday 26th July saw Ovenden Park host our 2nd Open Windsor shoot. The morning was quite nice, but after lunch for the last two distances, the incessant rain set in.

Despite the weather, a good time was had by all. We had 30 entries from as far away as Sheffield and Warrington. Thanks to everyone who made an effort to come!

Karly Johnson took home silver - which considering she was shooting in the ladies category is really impressive. Not to mention that it was also a new Yorkshire record! Matt Johnson came third in Gents Recurve, a well deserved bronze medal. Brad Fenton and Wayne Evaradson managed to take gold in their respective compound categories - or would have done if we had enough. Never mind, an IOU from Tim was almost as good!

There were another 3 Yorkshire records and a Cheshire record set on the day too.

Many thanks to everybody who helped on the day. Tracey, Tyrrell Oliver and Richard ran the bacon, tea and coffee stations in the clubhouse. Special thanks to Oliver for all the washing up too! Geoff, Steve, Ian and Mick for field party duties. Tim as always for organisation and scores.

Arthur should be thanked too for his entertaining hosting of the raffle - we *should* thank him, but to be fair I think he was having too much fun for it to be a hardship for him! After winning the 'pink handbag of doom' in the last raffle he made sure not to buy any tickets so that he couldn't win it back once he put it back in this time. Luckily Phoenix still retains the handbag as Mick was the lucky winner this time. I have a feeling we'll be seeing it again in the next raffle!



Competition News

At the end of June was the York Archers Double York (how appropriate) competition. Steve Atkins and Wayne Evaradson attended and had a great time as ever. Steve came 7th in the Gents Recurve, Wayne was joint first after the first day with a score only 14 points away from Master Bowman. Unfortunately he couldn't quite hold his nerve for the second day but got a very respectable 2nd place in the Gents Compound.

June turned into July and archers were back to a rather windy

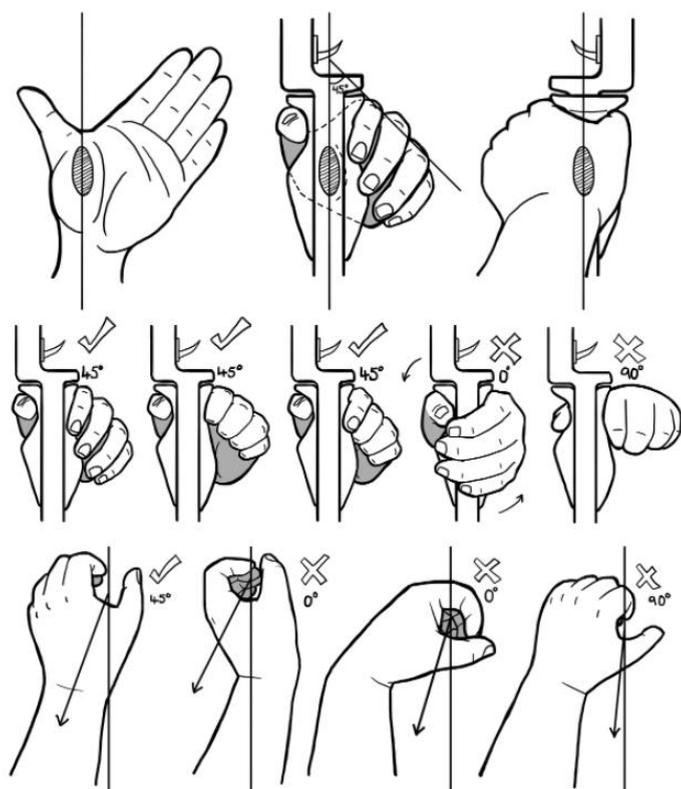
Wetherby for the NCAS/YAA Double WA1440. Again our representatives were Steve and Wayne. Not quite so successfully this time though with Steve coming 19th and Wayne 15th. Let's all forget that weekend ever happened!

Sunday 19th July was a sunny and quite windy day for the Wakefield Albion tournament. Neil Patterson came 9th in the Gents Compound Albion and David Nutbrown took 3rd place in the Gents Recurve for the Windsor round.

The weekend of the 25th July saw Wetherby hosting the Grand Northern Archery Meeting. Steve Atkins only shot the Saturday as he came to help out with our Windsor shoot on the Sunday. Liz Atkins however stormed the Ladies Barebow category, winning a gold medal and shooting her first MB score in competition on the Saturday. Very well done Liz!

Randomness

A very useful image showing the right way to hold your bow which popped up on Facebook recently.



Illustrated by © Jessica Emmett - www.jessica-emmett.com
This image can be used for personal and non-commercial use with credit. This image is a basic guide only, always consult a qualified archery instructor.



What not to do to an arrow - only good for shooting around corners now!

Coaching News

Arrows - pointy sticks with feathers on one end? Or is there more to them than that?

Well of course there is, otherwise where would be the fun!

The first thing is to determine the length of arrow shaft that you need. This is best done by a coach or someone at Aardvark with a measuring arrow. This is an arrow with ruler marks printed along its length. They will get you to come to full draw a couple of times and measure the length arrow you need. The length of an arrow is specified from the bottom of the nock groove to the end of the shaft (not including the point).

To ensure safety the arrow must be at least 1" longer than furthest point at which it touches the arrow rest. When you get your first arrows, Aardvark will generally add another inch to this measurement to allow for your drawlength increasing as your form develops.

The next thing to work out is the draw-weight of your bow. For recurve or longbow this will be the poundage of the bow at your drawlength. This is measurement with a bowscale. For compound you would measure the peak weight as you draw the bow rather than the weight at reference.

You can then refer to the EASTON TARGET ARROW SELECTION CHART. This gives you a grid of 'groups' which run from 00 to T14. The grid is used by finding the correct line for your bow weight and then choosing the group which is suggested for the arrow shaft length you need. For example, a recurve bow of 38 pounds needing an arrow length of 28 inches would

suggest a group T5 arrow shaft.

This grid is to allow you to choose the correct 'spine' arrow for your bow. The spine of the arrow is an indication of how much and how easily it bends. If you have a heavier bow or a faster compound there is more 'push' on the back of the arrow as you shoot it. The more 'push' the more the arrow will bend. It is important for both accuracy and safety that this is correctly matched. Particularly for recurve or longbow, as you loose the arrow, it uses that 'bend' it gets from the string pushing itself around your fingers to allow it to move around the bow riser and not touch the bow itself (which would be ruinous for accuracy). If the arrow is way too stiff you will tend to get contact with the rest or riser, if way too weak you could stand the chance of the arrow breaking in extreme cases.

Once you know the group you need you can refer to the list of possible arrows at the bottom of the page. Within this bow it gives the spine of each of the arrows which should work for your bow. It is then your choice as to which you like/can afford!

Within the Easton target arrow range there are a number of options.

Aluminium arrows - good all round arrows, usually this is where people start. e.g X7 or 75 (Eclipse, Platinum Plus, Jazz).

All carbon arrows - these are not allowed to be shot at Ovenden Park due to the difficulty of finding them with a metal detector. e.g. Lightspeed, Carbon 1, Apollo.

Carbon/Aluminium - the majority of experienced archers shoot

these. They consist of an aluminium core surrounded by a coating of carbon. This allows the manufacturer to make an arrow that is thinner but still as stiff as a purely aluminium version.

ACC - entry level parallel sided shaft. Available in a wide range of spines, fairly cheap and can be bought singly (which helps when you want to replace one or two broken arrows - all of the following types are only available in matched dozens).

ACG - Similar to the ACC (parallel arrow) but have a finer tolerance for errors on spine or weight.

ACE - the lightest of these arrow options which helps with sight marks (helpful for hitting longer distances with less bow poundage). The are also 'barrelled' which means that they get slightly thinner towards the front and back of the shaft which is designed to make them to fly more predictably. The lower weight potentially makes them more prone to being blown around in the wind however.

X10 - the premier Easton arrow, barrelled like the ACE but heavier and thinner. Both these factors allow it to behave better in the wind. Quite expensive though!!

X10 Protour - Version of the X10 designed for compounds. Barrelled at the front of the shaft but parallel at the back. This allows it to cope better with the increased string velocity produced by a compound.

Once you have decided on a shaft, the choice of points, nocks and fletchings also has to be made and most importantly, the colours of them!

Please send any input to wayne_evardson@hotmail.com for next month