



# String Wax

The Stortford Archery Club Newsletter

April 2017 – Issue 3

Web: [www.stortfordarchers.org.uk](http://www.stortfordarchers.org.uk)

Email: [newsletter@stortfordarchers.org.uk](mailto:newsletter@stortfordarchers.org.uk)

## Welcome

Thank you for all the positive feedback on last month's newsletter. This month is a big one, please bear with it as we bring you all the latest. Unfortunately, some features have had to be cut to keep the length to a manageable level.

If you have any ideas for articles, know of a competition which you think your fellow archers might like to compete in, or have any thoughts you consider may be of interest to fellow club members, please email [newsletter@stortfordarchers.org.uk](mailto:newsletter@stortfordarchers.org.uk).

Kevin Hill, editor.

## Club AGM and Prize giving

The club's AGM was held on Thursday 16<sup>th</sup> March. Attendance was, by all accounts, the best in many years.

A new committee has been elected, as follows:

Chair – Melanie Hart

Secretary – Stuart Barber

Treasurer – James Salmon

Junior Rep – Rachel Boynton

Equipment Officer – Nick Wasik

Competitions and League Secretary – Carol Clark

Membership and Social Secretary – Phil Stanley

Records Officer – Stuart Barber

The club extends a massive thankyou to our outgoing Secretary, Tom Manderson, for all his hard work over the past year and to Patrick Burrows for his work as Treasurer and for chairing the AGM, so expertly.

As well as electing the committee, another item which falls in the domain of the AGM is the club membership fees. It was agreed that these should increase, in line with the increase in the fee from Archery GB. They are now as follows:

Junior members:	£50 per annum.
Senior members:	£82 per annum
Affiliate members:	£50 per annum
Visitors:	£5 per visit

Much else was discussed, the fine details of some items are now being finalised, by the new committee.

The full minutes of the AGM will be published in the next few days and a copy will be sent to each member. Whilst it would not be right to preempt their publication, in this newsletter, it is well worth mentioning a few, remarkable, statistics from the Records Officer's report.

As a club:

We hold 21 county records – 12 broken in the past year

We have 12 members who are county champions

We hold 24 county championship titles

We have 5 archers who shot for the county last year.

Well done to all of you. This is a very impressive achievement for a club with fewer than 100 members.

## Competitions

As we hit the outdoor season, competitions are coming through thick and fast. Some of our newest members took part in some towards the end of the indoor season and came away with medals and trophies. No pressure, just take part – they are great fun.

Several club members (Peter, Carol, Rob, Stuart, Rachel and Kevin) regularly go to competitions. If you would like more details of a particular venue or competitions in general, please feel free to ask.

### Crystal Palace 45th Open tournament

There is a bit of a club outing being organized for the Crystal Palace 45th Open tournament. This will be held on Sunday 23<sup>rd</sup> April, in Beckenham, Kent (BR3 3SS). We will all have had the opportunity of 3 or 4 weeks outside practice by then, so we can all brush up on all the reasons it did not go in the gold – sudden cross wind, sun in my eyes, distracted by seagull.....

Full details for the event can be found here <http://www.crystalpalacebowmen.org.uk/cpb2017/index.shtml> or you can speak to Stuart or Rachel. At the time of writing, we have 20 entries from the club.

### Hertford Archers Field Challenge

Full details have yet to be finalised on this one, but Hertford Archers have challenged us to a field shoot.

If you are new to archery, a field shoot is where a bunch of targets are set up around a field (including 3D animal targets) at unknown distances. You are required to shoot the designated number of arrows at each target, some have a time limit, and try to achieve the highest score.

Most freestyle target archers take this opportunity to leave the sight and long rod at home and go barebow, or longbow. Please be aware that this style of shooting can be a little hard on arrows – unless you are a crack shot. The best advice is to leave your new carbon arrows at home and give your old aluminium ones an outing.

For those who have not done one before, you really should. They are just about the best fun you can have with a bow and arrow.

Provisional date is 29<sup>th</sup> April, Carol will update the details as they become available.

### Stortford Archers Anniversary Open Shoot. (St George)

One of the best days in our club's calendar is the "St George". This is an open shoot so we get a lot of visitors from other clubs. There are rounds to suit all ages, abilities and bow styles. Each round, age, bow style has an opportunity to win a trophy to take home and keep.

It is held on the sports field, at the club, on Sunday 7<sup>th</sup> May. Assembly is at 10.00 am and sighters are at 10.15.

Full details see Stuart or email [secretary@stortfordarchers.org](mailto:secretary@stortfordarchers.org)

### Green Dragon Annual Windsor Shoot

Without doubt, one of the best venues on the Herts competition circuit. Shooting on the lawns of Knebwoth House, with the house as your backdrop. Add in the sunshine and you have a perfect day.

The shoot is a Windsor round (3 doz @ 60 yds, 3 doz @ 50 yds, 3 doz @ 40 yds) plus Junior equivalents, on Sunday 14<sup>th</sup> May. Assembly 10.15 am, sighters at 10.30 am. All this for £7.00. Full details from their web site.

<http://www.greendragonbowmen.org.uk/pdfs/GDB%200ther/GDB%20Windsor%202017%20-%20Entry%20Form.pdf>

### More competitions for you to enter

Some of these are over two days – the days indicated are when other club members are already going. You can, of course, choose to go on the other day.

Black and Gold Archers, Cheltenham, 21st May  
[http://www.blackandgoldarchers.co.uk/?page\\_id=29](http://www.blackandgoldarchers.co.uk/?page_id=29)

Middlesex county weekend, Monday 29th May  
<http://www.middlesexarchery.org.uk/tournaments/spring-bank-holiday/>

George Potts Memorial Shoot, 4th June  
[https://drive.google.com/file/d/0B\\_y2yshEdk8ob3lJZnR\\_RYnpmRzO/view](https://drive.google.com/file/d/0B_y2yshEdk8ob3lJZnR_RYnpmRzO/view)

Netherhall Archers, 18th June

<http://netherhall-archers.org/events/netherhall-archers-world-archery-weekend-2017>

Lincoln Archers, 24th June

<http://www.lincolnarchers.co.uk/>

Fakenham Archers, 16th July, 1440 (ladies/gents), junior metrics

<http://www.fakenhambowmen.org.uk/SummerWA/>

## Competition Results

### 2017 Club Indoor Champs

#### Gents Recurve

- 1 Simon Bennett
- 2 Rob Gabriel
- 3 Peter Sweetman
- 4 Roy Powell
- 5 Paul Manthope
- 6 Julien Massey
- 7 Nick Wasik
- 8 Martyn Cleverly
- 9 Jeremy Swales

#### Ladies Recurve

- 1 Luisa Stirrup
- 2 Clare Wright
- 3 Sam Fairweather
- 4 Isobel Wright
- 5 Lorraine Cleverly

#### Gents Longbow

- 1 James Walker

#### Ladies Longbow

- 1 Carol Clark
- 2 Katharine Roper

#### Gents Compound

- 1 Stuart Barber

#### Ladies Compound

- 1 Rachel Boynton

#### Gents Barebow

- 1 James Salmon
- 2 Phil Stanley

#### Junior Gents Recurve U18

- 1 Tom Hesketh

#### Junior Gents Recurve U16

- 1 Liam Fairweather
- 2 Oliver Dellow
- 3 Christian Stimpson

#### Junior Gents Recurve U14

- 1 Alex Salmon
- 2 Freddie Glead

#### Junior Ladies Recurve U14

- 1 Becca Hesketh

#### Junior Gents Recurve U12

- 1 Zac Rogers

#### Junior Ladies Recurve U12

- 1 Megan Gabriel

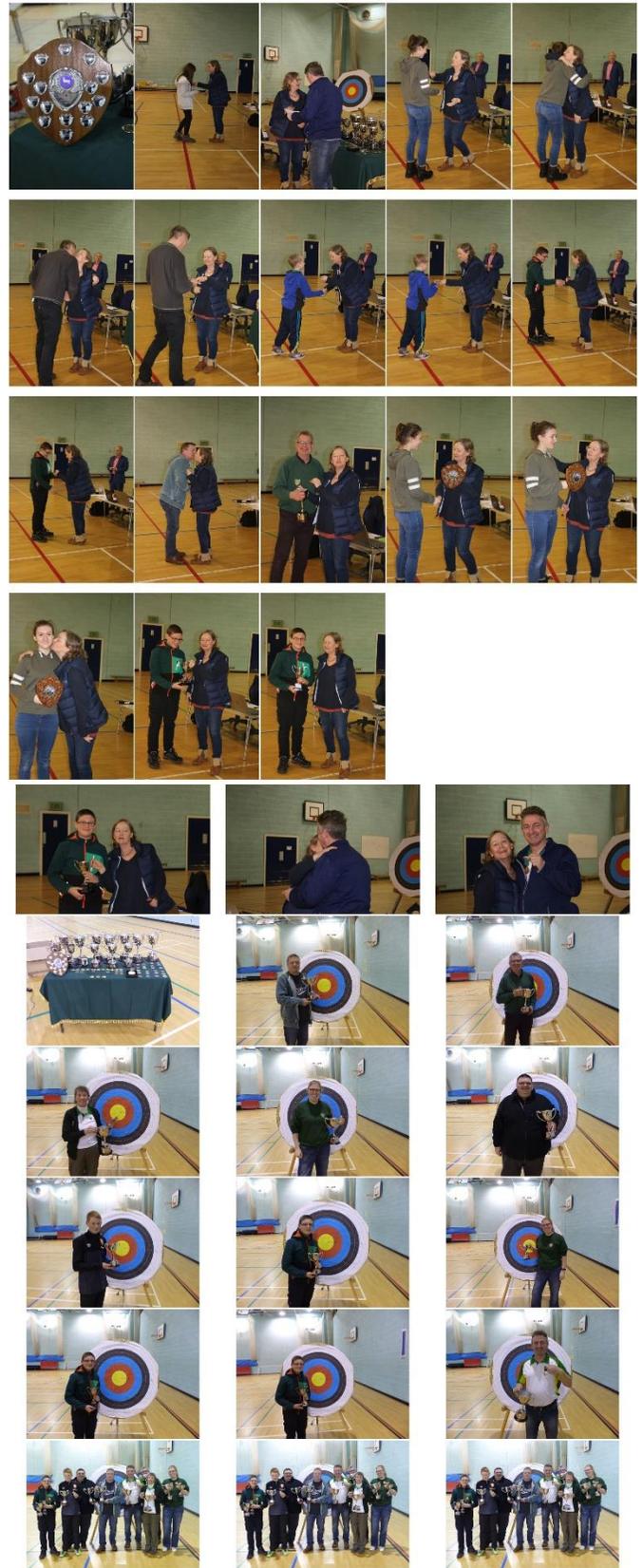
#### Junior Gents Longbow

- 1 William Walker

David Woo joined us as a visitor and scored 551.

Our champions:





If you would like a high-resolution copy of your moment of glory, please ask me at the club or contact [newsletter@stortfordarchers.org](mailto:newsletter@stortfordarchers.org)

Thanks to Susan Hill and Steve Keen for taking the photos.

Congratulations to Alex Salmon, who recently won the Under 15 Junior Gent category at the Abbey Edgegrove tournament.

## Going Outside

At last, the outdoor season is with us and we can leave the confines of the gym and enjoy the freedom and fresh air of shooting under open skies.

This pursuit is not without its challenges, so please find the briefest of summaries to help prepare you.

Please be at the container at 6.00 pm for evening shooting. Sunday start times will be posted on the website.

### Weather & Clothing

Do not underestimate the weather. St Mary's is on Wind Hill and it is called that for a reason.

Always bring a jumper/ hoodie/coat. If it is cold, wear an extra layer when not shooting.

Remember to bring a hat, it keeps the sun out and helps you to stop losing heat. Almost any hat, which does not interfere with your string, is OK.

If you have water proof trousers and top then practice in them, sometimes – you will be wearing them for real, at some point.

No open toed footwear, of any sort.

No bare midriff or vest tops.

A large umbrella or line tent can be useful in hot, cold or wet conditions.

### Food/ Drink

Make sure you have a snack or lunch **and** drinks. If you are thirsty then you are probably already dehydrated.

Do not overdo the sweets, chocolates or doughnuts.

### Field rules

You must only have 6 arrows in your quiver. You should have at least 8 arrows in your kit. Make sure you have the same number of arrows in your kit when you leave the field as when you entered it.

You **MUST NOT** shoot carbon only arrows, on the field, at any time. If these get lost, they cannot be found with a metal detector. We are privileged to use the field and must not leave any equipment or rubbish on the field when we leave.

Always look down at the grass when approaching the targets. Arrows may be in the grass and may have been shot by an archer on another boss. Make sure you pick any arrows up from ground and push them gently into the ground, holding close to the tip, where you found them. Do not bend the arrows when you are pushing them in. You will have to pay for them if you do.

Do not go behind target to collect arrows until scoring arrows have been pulled. It is very embarrassing and time consuming when everyone is looking for an arrow which is still in the boss.

Entry to the field by the gym, **DO NOT** walk through the tennis courts.

### Scoring

As inside, score in 2 groups of 3 (e.g.10,10,9 / 9,5,4)  
There are 2 scoring methods:

**GNAS** (5 zone scoring) – Imperial

9 (yellow) ,7 (red), 5 (blue), 3 (black), 1 (white)

**FITA** (10 zone scoring) – Metric

10,9,8,7,6,5,4,3,2,1. League matches are normally metric.

### Animals and wild life,

Please do not shoot at the foxes. It is illegal to shoot animals with a bow and arrow even if they wee on your equipment or eat your arrows. Yes, they do.

## County News

For those who wish to be considered to shoot for the county but are not aware of the procedure, this is how it works:

Go to the Herts Archery Association web site and complete the Declaration form section under Documents.  
<http://hertsarchery.org.uk/betasite/declaration-form-2/>

When you score a round, at the club or in competition, submit the score on the site. The Score Submission form is just below the Declaration Form  
<http://hertsarchery.org.uk/betasite/ssf/>

Sit back and wait to be called up – or better still do some bow drills with a stretch band.

If you need help with this, Stuart is both County Chairman and a selector. Whilst this will not give you any advantage, he is well placed to guide you through the process.

## Have-a-go days

For the benefit of newer members, Have-a-go days are when we set up at a local event and invite the public to have a go at archery.

These days make a big contribution to club funds and help keep the membership fees at the level they are. To run them, we need club members to help on the day. Although you are welcome to be there all day, an hour or two would be a massive help. Training will be given on the day, for first timers.

There are currently 2 dates in the diary for which help is needed.:

1<sup>st</sup> of May – Standon fete – a very busy one so lots of help needed to get the best out of it.

13<sup>th</sup> May – St Joseph's school fete

Please let Stuart know if you can help at either of these events.

## New Members

We are pleased to welcome Alex Eve to the club. Alex recently completed a Beginners Course, with Stuart, at Birchwood School.

## On the range

We are all different and shot routines vary.

New archers, in their enthusiasm, tend to be, fairly, quick. More experienced archers, with a more detailed shot sequence, usually take a little longer. Sometimes an archer will have problems with equipment.

Regardless of who you are shooting with, there is one, golden, rule:

**DO NOT LEAVE A FELLOW ARCHER  
STANDING ALONE ON THE LINE.**

Look both ways before you walk. If there are only two of you wait patiently and quietly, until the other archer has finished.

It's only polite.

## Club Clothing

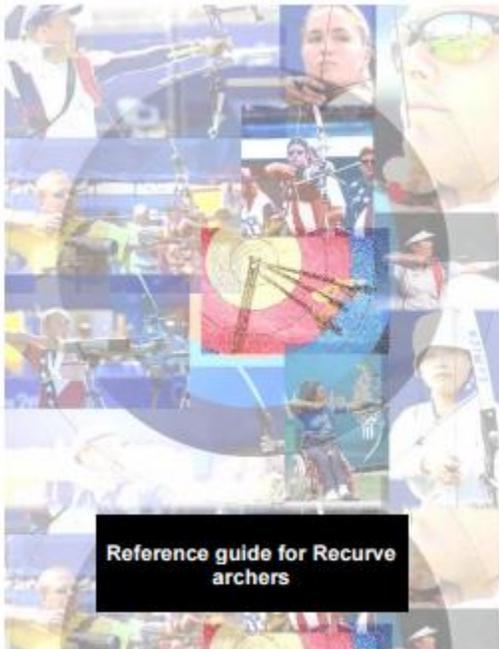
If you would like to buy a **Club Polo Shirt**, please speak to Mel at the club or send an email to [chair@stortfordarchers.org](mailto:chair@stortfordarchers.org), headed "SAC Shirt Order". Please include the archer's name and shirt size.

Payment by cash or cheque (payable to Stortford Archery Club) required at time of delivery. Prices, which vary depending on size, have historically been in the region of £20-£25.

**ALL OTHER CLOTHING**, which is bottle green and has the SAC logo embroidered on the right breast, can now be ordered directly from Fosters Schoolwear (tel 01279 653865, email [info@fostersschoolwear.co.uk](mailto:info@fostersschoolwear.co.uk) )

## This month's read

Whilst researching This month's read, I came across this little gem.



[http://www.archersreference.co.uk/archref\\_05.pdf](http://www.archersreference.co.uk/archref_05.pdf)

Although it has not been updated recently, it contains a wealth of useful information. The diverse range of subjects covered range from string making to mental training, picking the right bow length to competition rules, fletching arrows to aiming with both eyes.

There is some very sound advice, particularly relating to choosing your bow weight and an enlightening anecdote on the equipment used by the 1987 FITA world champion.

If it were £10.00, it would be worth every penny, but this one is free. Enjoy.

## Library

Publications available are:

The Art of Repetition.  
Archery In Action (DVD).  
Archery Steps to Success.

Please email [newsletter@stortfordarchers.org.uk](mailto:newsletter@stortfordarchers.org.uk) or contact me at the club if you would like to borrow a copy.

## Dates for your Diary

23 <sup>rd</sup> April	Crystal Palace	09.45
29 <sup>th</sup> April	Hertford Field Shoot	TBA
1 <sup>st</sup> May	Standon Have a go	TBA
7 <sup>th</sup> May	St George	10.00
13 <sup>th</sup> May	St Josephs Have a go	TBA
14 <sup>th</sup> May	Green Dragon	10.15
29 <sup>th</sup> May	Middlesex	08.15
4 <sup>th</sup> June	George Potts	09.15
18 <sup>th</sup> June	Netherhall Archers	12.00
24 <sup>th</sup> June	Lincoln Archers	08.30
16 <sup>th</sup> July	Fakenham Archers	08.30