



Allington Castle Archers

Nocking Point

October 2013

Dates for your diary

Fridays 11th & 25th the Indoor at
Lockmeadow 7:00 for 7:30

The Outdoor

Frostbite first one of the year is Sunday
November 3rd, 10:30 for 11:00

Christmas Meal

7th December

7.00 for 7.30

Winter shooting

From the committee

There has been, in the past, a winter calendar. But this year there will not be a published calendar as the dates can be set out easily in the Newsletter.

For the newer members we shoot indoors at Lockmeadow Agricultural Hall on Friday evenings - dates below. We shoot a round called a Portsmouth 6 doz @ 20yds scoring metric. (please get a site mark outdoors before shooting indoors)

The indoor shooting at Lockmeadow has been repeated in this Nocking Point below.

The **British Archer** Portsmouth's a postal league we enter will be on the first Friday of each month or in December's case, the only Friday. Here are the dates for this season again. All Friday evenings 7:00 till 10:00.

Oct 11th, 25th,

Nov 1st, 15th, 22nd ACA Worcester, 29th

Dec 13th,

Jan 3rd, 10th, 17th ACA Portsmouth 24th, 31st Worcester practice.

Feb 7th, 28th,

March 7th, 14th, 21st, 28th,

Key to above **nth** = the BA Portsmouth

The outdoor shooting is simpler any Saturday or Sunday, weather permitting is OK.

We do enter the BA Frostbite postal league, this is a 3 doz @30m round shot outdoors on the following dates, all Sundays, 10:30 for 11:00 sighters.

November 3rd

Dec 15th ACA Frostbite, Christmas Party & Presentations

Jan 12th

Feb 9th

March 9th

Other shooting is normal long distance shooting weather permitting.

Secretary's sidelines

Yet another group of new archers maybe appearing on the shooting line

Gary and Anne Penny have already joined at the end of the Beginners course and I am sure others will join us during the next two weeks.

Joined today are:- Toby and Christopher Hughes, Andrew and Ashley Hughes and Mark Weber (Helen's dad).

A number of members have not, at present, affiliated and you will not be allowed to shoot as from 1st October until fees are paid. Any problems send me an E-mail or chat to me about it on the field.

Coaching - While reading what I said last month it occurred to me that knuckles of the fingers must be as straight as possible, except the end one of course, so the whole hand and wrist are flat. Do not place the string on the end pad as it is likely to slip off before you are ready. Also you have to bend fingers to hold the string. Bending fingers will also alter your draw length and one or two mm will make a big difference.

The Release - This is the most difficult part of the shot for many archers whether recurve or compound, and when all methods have been tried it is the archer who must take control.

Theoretically you come to full draw, keep the pressure on so the arrow does not creep forward, aim, then relax the tension in your fingers; the string will knock fingers out of the way as it moves forward and your arm and shoulder muscles, if pulling correctly, will move your hand back a few inches.

If you dead loose or forward loose then you did not maintain the pressure at the moment of release.

Next month - methods of trying to improve the release. This can take a long time and a great

deal of determination. On that cheerful note,
farewell

Colin

Captains Corner

The SCAS Inter Counties shoot Sunday 8th September at Kingston Sports ground in Surrey. Kent put out a team of Compound, Recurve, Junior and Longbow. Clive Jeffery and myself were invited to shoot. The recurves did well (2nd), and so did the Longbows (3rd). The weather was changeable to say the least. We started in bright sunshine and 23 deg, then things changed ending up at mid-day at 10deg and heavy rain. The sun came out for the packing away, and the presentation was in the main club house, which was very plush with coffee and licensed bars. Neil Dimmock handed out some trophies, but no medals, as there has been ructions in the ranks. Full story to follow. The Secretary resigned without notice, leaving S.C.A.S. in the lurch.

Captains Challenge

The turnout was better than last year, with a total of 19 entries. Four shot the single round, Ken Bearman winning the compound and Neil winning the recurve. The double saw a new face, Jason Langdale R very newby, watch this space.

The silverware went to

Compound	Clive Jeffery 1st
Recurve	Stuart Evans 1 st
	Tyrone Gibson 2 nd
	Dan Heasman 3rd

Longbow James Bishop 1st

Full results will be on the website soon.

Key Holders and Non Key holders

It has come to the committee's notice that two Saturdays ago the school gate was left open. It may not have been us BUT this is not good, as it is part of our contract with the school that the premises are left secure. This affects all members.

IF YOU ARE A KEY HOLDER

Then please ensure that if you are one of the last to leave the field and there are no other people on the site. CHECK WITH THOSE

STAYING THAT THERE IS ANOTHER KEY HOLDER AMONG THEM. Do not assume there is, ASK! If there is not a key holder on the field some arrangement has to be made so that the site can be secured when the last person leaves. If you are NOT A KEY HOLDER

Then please if you are one of the last to leave the field ensure that there is a key holder staying or there are school or other people on the site.

If despite all our efforts you find that as a non key holder you are the last to leave and no one else is on site, PLEASE CONTACT (phone) A COMMITTEE MEMBER AND TELL THEM THE SITUATION. Thank you.

Something new from Kent Archery Association, a Newsletter, No. 1 has been sent to Colin who is going to print it and hang a copy in the equipment shed Those interested can peruse at their leisure. There was a rumour that it would be on their website but I could not find it 24.9.13.

The Improver's Course Sunday 29th was held in changing conditions. The early promise of good weather faded to a blustery day of shooting. Two keen archers turned up - Sue Williams and Dominic Reynolds, both wanting to improve technique. Clive and I asked what they saw as their major problem and after some time warming up with a few ends, some key advice was offered re head position and minor changes to equipment setup. Both appreciated the one to one coaching, I hope to see great things from them during the winter season and maybe on into next year.

I'd like to thank Alf for all the time and research that he has put into the Twig and Stick part of this Newsletter. He has decided to give someone else a chance to put in their two-pennath. We will all miss his input.

A note for our new members you will receive an e-mail/printed copy of the Nocking Point when we get your e-mail or address. There will be a copy on the website and in the equipment hut.

Geoff B

Social Secretary

Christmas meal

Well, as promised, I have been to the Pippin to book a table(s) and get the menu. The date is Saturday, 7th December. 7.00 for 7.30pm.

I have to take in menus and £10 deposit per person at the beginning of November, so below are the choices. You can have either a 2 course meal @ £17.95 or a 3 course meal @ £20.95. Drinks / teas / coffees are not included but can be bought of course.

I collect the rest of the money on the evening before we eat, and if I miss anyone, after we have eaten. It is up to you as to whether you wish to give a tip or not.

Menu

Starters

Parsnip, blossom honey, Bramley apple and sage soup with thick-cut multigrain bread, butter

Classic Prawn Cocktail with multigrain bread, butter

Chicken Liver Parfait with thyme butter, caramelised red onion and port marmalade, toasted bloomer

Pan-fried mushrooms with white wine and basil crème fraiche, toasted ciabatta, balsamic glaze

Mains

Hand-carved British turkey breast with Gloucestershire Old Spot pigs in blankets, roasted potatoes, honey-roasted parsnips, Chantenay carrots, Brussels sprouts, rosemary, leek and apricot stuffing, sage and honey jus

Oven-baked Scottish Salmon Fillet with baby new potatoes, broccoli, fine beans, smoked salmon and mascarpone sauce

Slow-cooked Beef in Port Sauce with Chantenay carrots, fine beans, horseradish mash, parsnip crisps

Fig, Walnut, Stilton and Rosemary Tart with roasted potatoes, honey-roasted parsnips, Chantenay carrots, Brussels sprouts, Stilton cream sauce

Desserts

Christmas pudding with brandy sauce

Dark Belgian chocolate torte with salted caramel, hazelnuts

Mascarpone and Vanilla Cheesecake with berry and mulled wine compote

Rum and Raisin Ice Cream with chocolate sauce

There are a few places still to be had so if you want to come please email, phone, write, to let me know and I will add you to my list.

Please give me (or Geoff) your menus and deposits in an envelope with your names on so I don't get confused (It doesn't take much to confuse me, so have pity) by the end of October.

Jean

BUY AND SELL

Soon we will be advertising for the benefit of the readership items (archery equipment, not old cookers etc) required and for sale.

Ian Sharp will collate this info on a monthly basis and forward the result to Geoff for publication.

Please contact Ian with details of items to include Description Condition and Price

ian883sharp@btinternet.com

Phone 01732 875109

And our first item is

FOR SALE

HOYT RECURVE BOW ELAN RISER 23 ins
VECTRA Limbs Long 36lb (COST £700) to Suit
gent with 27/28 in Draw length
Archery Box Cost £150 Will take all your gear
Spigarelli button ; Carbon Long rod and 10in rod,
Sight (Cost £50); Clicker ; V- bar ; tab and
stringer
£ 3 5 0 The lot (you will need your own arrows)

Contact Colin Bowen.
Best Regards

Ian Sharp

From our French Correspondent

Hi everyone

Last weekend I was lucky enough to jet off to Paris and attend the World cup finals. I had tickets for both days: Compound on Saturday and Recurve on Sunday.

I arrived Saturday morning at the Trocadero and was greeted by a bright blue sky and a balmy mid-twenties temperature - lovely! Compound archers shoot 50 metres and so there were fewer tickets available compared to recurve (some of the stands were blocked off as spectators would have ended up behind the targets). Despite this, the event was far from sold out. I took advantage of the quiet village and walked around the various distributor stands (Win & Win, a have a go range, some French manufacturers, Danage, Easton). I then made my way to stand B where I met up with a group of Ashford Archers.



We saw some amazing shooting...and some surprising bloopers at that level. Yes, the top

archers do sometimes shoot a 6 in a World Cup Final! The cherry on top has to be when the Columbian, Italian and US teams came and sat with us. I was just telling my fellow Kent archers how much I was looking forward to seeing Brady Ellison shoot the following day, when I happen to glance behind me.. And there he was. With his coach. Right behind me. Leaning forward to watch Erica Jones and Braden Gellenthien shoot. Swoon.

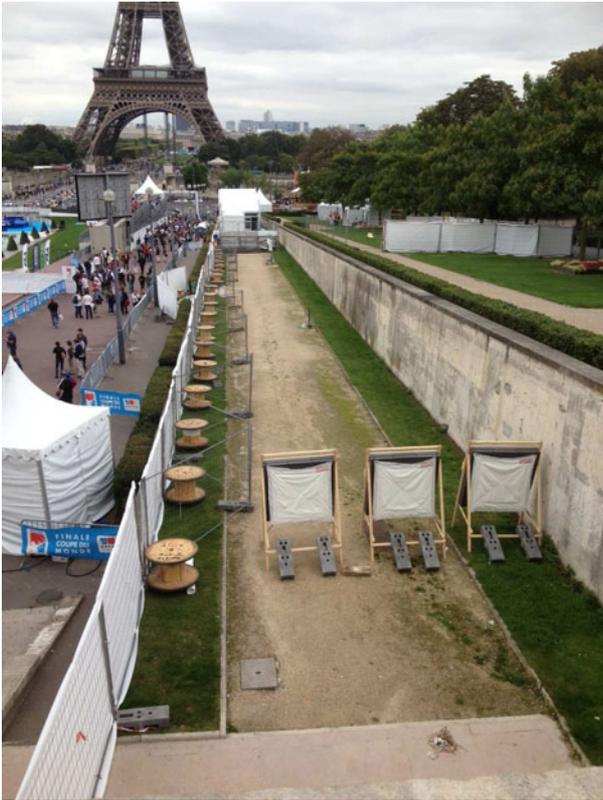
Martin Damsbo, Alejandra Usquiano, Pacale Lebeque & Pierre Julien Deloche all won Gold that day. I have to admit I didn't stay to watch all the podiums. Instead I bid goodbye to our Kentish friends as they made their way back to the Eurostar and went to join my family for the evening.



The venue, (not a bad overshoot Geoff B)

On Sunday I fully expected more of the same...not quite. It was a grey, chilly, and a smidge windy too. The event was very reasonably priced between 20 and 50 euros, and numerous clubs and families took advantage of this and came out in force. They were easily spottable by their club shirts.

The event was completely packed, overwhelmingly with French spectators. Not that it's a bad thing that the host country promotes archery, but it meant that aside from 30 min when the crowd was cheering and waving, there was mostly polite clapping. I saw Brady shoot. Swoon. And then pretty quickly the Koreans started winning everything. Which made it very dull. I didn't stay the full day, I got bored of watching what was some very predictable shooting.



The Practice Butts

Overall, I had a good time and I would recommend the trip. If you book early enough Eurostar is only £70 and you can enjoy a whole day's shooting without needing to pay for an overnight stay.

From my observations, there seems to be a strong divide between Compound and Recurve archers / spectators. Saturday the vibe was a lot more relaxed, and archers mingled with everyone. The crowd cheered and clapped for everyone, applauding the quality of the shooting rather than the nationality of the archers. Sunday was a completely different story. To the point that when the gold winners from Saturday made an appearance, they were barely acknowledged.

The one major disappointment? That Para Archery was only represented through a short demonstration on each day. I would have liked to see some of our London 2012 athletes.

Cecile

Twig and Stick

Longbow History - Treating wounds.

The only way to remove an arrow cleanly would be to tie a piece of cloth, soaked in boiling water or another sterilising substance, to the end of it and push it through the victim's wound and out of the other side — this was extremely painful. There were specialised tools used in the medieval period to extract arrows from places where bone prevented the arrow being pushed through. Henry V was wounded in the face by an arrow at the Battle of Shrewsbury (1403). The royal physician John Bradmore had such a tool made, which consisted of a pair of smooth tongs. Once carefully inserted into the socket of the arrowhead, the tongs screwed apart till they gripped its walls and allowed the head to be extracted from the wound. Prior to the extraction, the hole made by the arrow shaft had been widened by inserting larger and larger dowels of elder pith wrapped in linen down the entry wound. The dowels were soaked in honey, which has antiseptic properties. The wound was dressed with a poultice of barley and honey mixed in turpentine. After 20 days the wound was free of infection. These guys (patients) were really made of metal, treating arrow wounds however slight must have needed nerves of steel. (For the doctors as well...☺)

I Went out last night, and had a few drinks... :-)
I woke up next to a fat bird that was snoring and farting. At least I got home OK!!

I spent a couple of hours defrosting the fridge last night. Or "foreplay" as she likes to call it.

The final bit about shooting a Longbow...

9. Follow Through

The Follow Through is maintaining the position of the bow arm on release until the arrow hits the target and allowing the other hand to go back on the loose of the arrow. (there is a little, push & pull at this point, push your bow hand, pull the string) I don't always wait that

long, just remember don't drop your bow hand, it is so easily done. As the arrow slides along the bow hand any movement of the bow will deflect the arrow. The position of the head and body should remain steady, while the drawing hand moves backwards after the release. It is important to not let the bow arm fall after the release, as this can become a problem when the bow arm actually starts to fall on the release, making some arrows land low on the target and it happens too frequently in my case. The arrow whilst using Longbow moves more slowly than a recurve or compound arrow so there is more time for the arrow to be deflected. This is very noticeable especially when shooting longer distances.

Paddy says "Mick, I'm thinking of buying a Labrador." "Bugger that" says Mick "have you seen how many of their owners go blind?"

10. Relaxing

The archer must relax after each shot to allow the muscles to recover from their effort. About 10 to 20 seconds should be enough time for the muscles to recharge, ready for the next shot. If not enough time is allowed between shots, then the muscles will tire rapidly and may even become sore. Tired muscles will not be able to perform consistently. Remember the advantage of maintaining the grip between looses as mentioned in previous 'Nocking Point' sections on shooting a Longbow. Allowing your grip to change will change your nocking point but at the very least it will change the direction of your arrows, at longer distances you may even miss the target... ☺

Well, I've been through 10 very basic points to help you with shooting a Longbow. I have only been shooting Longbow for a very short period compared with some of the members in the club, bit like teaching a bus driver to drive, but I hope it has helped some members of the club. I have probably stated many wrong things or at least, said them the wrong way. I am not a

coach nor have I been coached in the proper sense, many different people have told me different things and I have tried to look at what has been said to me and tried to see if it worked for me. Some did, some didn't, it doesn't mean it will or won't work for you and what have you got to lose by trying... ☺ Please don't try to remember or do all the points in one hit, you won't be able to, far too much to remember. Try one or two points each time you practise and find what works for you. You may even find a new slant of one of my ideas which works better for you but whilst you are learning, remember to ask one of our many coaches who are all willing to help, they can see things going wrong, you may be able to 'feel' the shot was wrong but not know why... ☺ (When you see them, but we have all got to make a living as well as enjoy archery, remember that...☺). If you see me practising (and probably, cursing a little...☺) please ask me about anything you didn't understand and I will either point you to the right person or answer as best my ability allows. I certainly don't bite and I am very willing to help anybody, I enjoy the sport as well. Don't forget, in my view, there is always someone better than you. You can kid yourself, but it is true. Being competitive I do enjoy but it is a personal thing, not everybody enjoys it. Now getting PB's (i.e. personal best scores) is lovely and the longer you do it, the harder it becomes. Turning up at a tournament, expecting or hoping to win, there is nothing wrong with that but don't be disappointed if you have a bad day, or for that matter a few bad weeks (we all get them), just keep trying to better your PB's and enjoy yourself.

A wife says to her husband you're always pushing me around and talking behind my back. He says what do you expect? You're in a wheelchair.

I was explaining to my wife last night that when you die you get reincarnated but must come back as a different creature. She said I would

like to come back as a cow. I said you're obviously not listening... ☺

A few Longbow tips and warnings.

1. Longbows are best stored lying horizontal, or failing that, hung from a ribbon or cord tied to the top nock.
2. Regularly check the "Bowyer's Knot" at the bottom nock of a bow with a single loop string, as that's where it is most likely to fail.
3. Regularly check the belly of the bow for "chrysalis" (compression failures), and the back for "lifts" (tension failures). Seek advice immediately.
4. Exercise the bow as well as the archer before starting to shoot. I.e. warm up.
5. Keep the bow well-weatherproofed; a non-silicon beeswax polish is best, even for varnished bows. Rub the bow occasionally with a soft waxed cloth, especially on cold, damp days. If your bow is not varnished, oil it.
6. Transport longbows in padded, breathable fabric bags.
7. Don't store a longbow near a heat source, or in a dry atmosphere, or in a car on a hot, sunny day.
8. Don't keep the bow strung after the Round is over (or lunch / break time etc); but don't unstring it between ends. (This is a personal thing, some do and some don't) Some archers leave their bows strung throughout the whole tournament. Some string their bows 10 - 15 minutes before they start, this allows the wood of your bow to get used to the tension and the different weather of the day before shooting.
9. Don't dry loose (i.e. let go of your bow string without an arrow being used), string walk, or hold for any appreciable length of time at full draw; these will all damage the bow in one way or another.

10. Don't allow your bow to be drawn beyond its tillered draw-length; for preference don't let it be drawn by anyone other than yourself. The wood of your bow, eventually 'remembers' how you draw it (don't confuse it by allowing someone else to draw your bow) plus of course he or she may have a longer 'draw length' than you, possibly breaking your bow... ☹ And don't use arrows of the wrong spine; these will slap against the bow and may damage it.

These are just a few of possibly 1001 tips & warnings, just look after your bow, arrows and archery equipment and they will make sure you enjoy your sport to the full... ☺

I have spoken many times about the history of the Longbow, it has been used in many formats (weapon of war, archery contests to name a couple) what I would like to give you is a short list of dates. There have been bows around since 3000BC.

450. When the Saxons brought their bows to subdue the Britons, it was recorded the Brits had not seen such a terrible weapon before.
870. The Vikings came armed with long bows and battle axes.

1100. Law completely absolving any archer who accidentally killed or injured a passer-by whilst practicing.

1252. Assize of Arms. All males between 15 and 60 years shall keep arms, including bows. The longbow is accepted as a formal military weapon.
1280. Edward I adopted the longbow during the Welsh campaigns after seeing how effectively the Welsh used it.

Used in many battles in England until...

1337. Hundred Years War began.

Throughout the 100 years war, the English were victorious in many minor battles, due to their intelligent use of archers. Until battles at Patay, Formigny and Castillon.

1503. The use of crossbows forbidden to all but Lords & rich landowners.

1509. First reference to the *Gilde and Fraternitie of Saint George*, on receipt of the King's allowance of 600 guineas.

1513. Battle of Flodden. Probably the last important affray in which archers were used in any great number.

1588. Battle of the Spanish Armada; fought in the main with guns. Only 800 archers were used. Longbow archery in decline.

1595. The longbow is retired from military service although still used occasionally.

Many tournaments and societies were started including Kilwinning Archers 1688, The Toxophilite society 1781, Woodmen of Arden 1785. Royal Kentish Bowmen enjoyed the patronage of the Prince Regent (later King George IV). At this time the various coloured scoring rings were standardised, as were the scoring values (he was generally supposed to have suggested it). The standardisation of the distances shot now made comparisons between archers and their skill more accurate. The same scoring & distances are still used today.

1787. The Royal British Bowmen were the First to admit Ladies as shooting members. Other Societies eventually followed suit.

1835. Princess Victoria shot with the Royal St. Leonard's Archery Society. It is not recorded that she was ever an enthusiastic archer, but she did as Queen, appoint a Master of Archery to her household. Those that attended the museum visit would have seen one of the bows she used.

1849. At his 2nd National Meeting, Horace Ford became Champion of England, a position he won 12 times. His Long Bow scores for the York

Round, shot two ways, have not yet been equalled.

1938. Steel bows introduced. Soon to become universally popular.

World War II. Lieutenant Colonel 'Mad Jack' Churchill is the only English soldier credited with a longbow kill during the war.

1950. A group of archers, who wished to preserve the traditional Long Bow and methods of shooting as they knew it, formed the British Long Bow Society.

1952. Modern styles of composite bows, with recurved limbs, gradually superseded steel bows and greatly improved performance potential.

A very short list of an amazing history stretching over hundreds of years of Archery.

Why was the Energizer Bunny arrested? He was charged with battery.

Why do gorillas have big nostrils? Coz they got big fingers!!!!!!!!!!

I haven't heard from anybody who wishes to 'take on' the Twig & Stick part of Nocking Point, I'm hoping Geoff has. Don't forget, helping Geoff out with the mag gives him more time to do what he wants and he does a lot for the Club...

Carry on enjoying the sport of archery, almost the end of another outdoor season

Alf

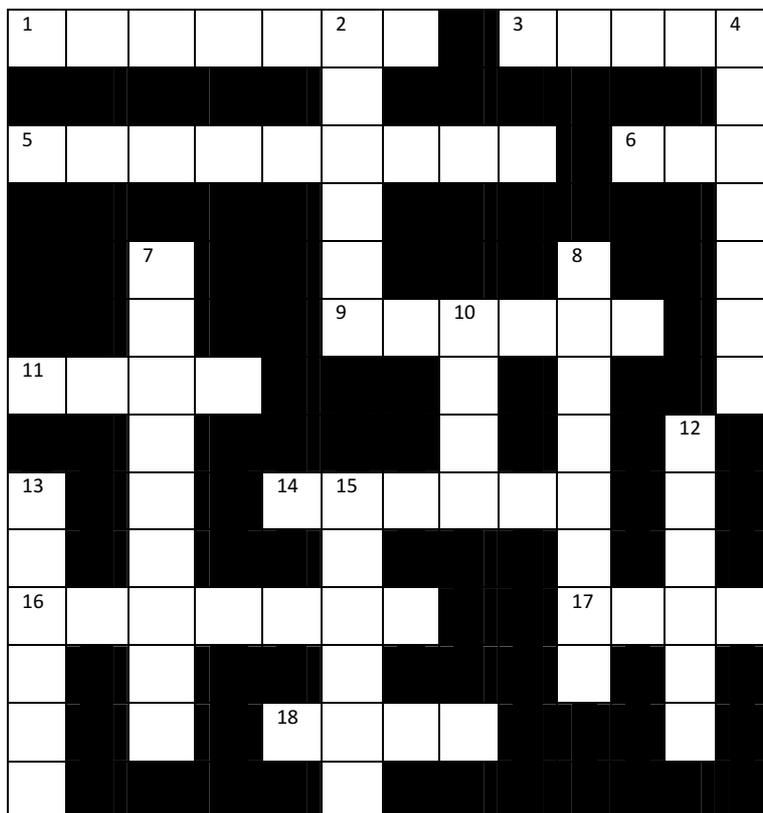
And from Wayne Powell the record your bow sheet.

Archery Equipment and Tuning Record Form

Recurve Bow

Name:					Date:					
Bow Details:		Make:			Model:					
Riser Length:		Overall Length:			Right Hand or Left Hand:					
Marked Draw Weight:		Bows Recommended Brace Heights:			Min:		Max:			
Actual Draw Weight:		Tuned Brace Height:								
Limbs:	Make:		Model:		Length:					
Tiller Settings:		Top Limb:			Bottom Limb:					
Bow Grip:		Type:		Size:		Other:				
Bowstring Details		Length:			Material:		Strand Thickness:			
Number of Strands:				Number of Twists in Bowstring:						
Bottom Loop Length:			Top Loop Length:			Centre Serving Length:				
Bottom Serving Length:			Top Serving Length:			Centre Serving Location-				
Loop Serving Material:				Diameter:		Distance from square of				
Centre Serving Material:				Diameter:		Arrow Rest: Top:		Btm:		
Nocking Point on Bowstring:		Type:			Material:		Weight:			
Nocking Point on Bowstring Location: (Measured square of Arrow Rest)										
Kisser Button:		Type:			Location:					
Arrow Rest:		Make:			Model:		Location:			
Over-Draw Length: (4cm Max.)										
Pressure Button:		Make:			Model:					
Number of Turns to Centre-Shot Position:										
Pressure Button Spring:				(Soft, Medium, Hard)						
Number of Turns to Tune Spring Pressure:										
Clicker:		Make:			Model:		Position Setting:			
Bowsight		Make:			Model:		Sight Pin Type:			
Extension bar length:										
Sight Settings:		30 M. =		50 M. =		70 M. =				
Metric		90 M. =								
Sight Settings:		30 yds. =		60 yds. =		80 yds. =				
Imperial		100 yds. =								
Sight Windage Setting for No Wind:										
Stabilizer Rods:										
Long Rod:		Make:			Model:		Length:		Weights:	
V-Bar Rods:		Length:			Weights:					
Other Rods:		Length:			Weights:					
Stabilizer Dampers:				Damper Setting:						
Total Mass Weight of Bow:					(including all accessories)					
Arrows:		Make:			Model:			Size:		
Cut Shaft Length:		Shaft Weight per Inch:			Weight =		0.00			
Point Type:		Point Weight:			Point Break-Off:					
Point Insert:		Point Insert Weight:								
Any Additional Point Weight:				Measured F.O.C. %:						
Nock Type:		Nock Size:		Nock Weight:						
Nock Inserts:		Nock Insert Weight:			Nock Tension:					
Nock Alignment Angle to Index Fletch:										
Fletches:		Make:			Size:		Fletch Weight:		(each)	
Fletch Angle:		Fletch Helical:								
Fletch Location on Shaft:										

Calculated Mass Weight of Arrow:	0.00	Measured Mass Weight of Arrow:
Measured Velocity of Arrow:		
Paper Tuning:	Measured Distance from Paper Frame:	Tuned Tear Size:
Bare Shaft Tuning:	Distance to Target:	Measured Impact Point:
<i>Form Version 1.0 Dated: July 2006</i>		



Across

- 1 & 3. A popular style of bowstring that is easily handmade, attributed to the people of the medieval region of Flanders.
5. An arrow that is thicker at the pile end and it tapers to the nock.
6. The outer, light coloured wood growth of a tree.
9. The trademark name for a synthetic polyester textile fibre used for making bowstrings.
11. A point of an arrowhead that prevents the head from being extracted easily.
14. An adjustable spring-loaded contact for the arrow as it sits on the rest.
16. The act of shooting an arrow from a bow.
17. The two limbs of a bow.
18. The feather at a right angle to the nock or string.

Down

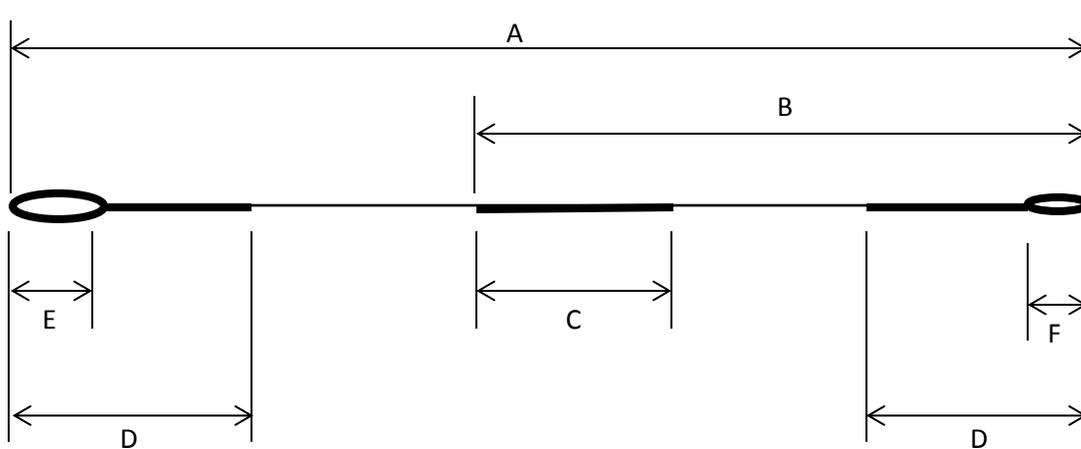
2. A Feather fletching with a concave profile at the back. Also protects you from arrows in a battle.
4. The type of arrow that goes thinner about 9 inches from nock or pile.
7. A commonly used feather with a higher, rounded profile, at the back end of the feather toward the nock of the arrow.
8. The earliest recorded archery tournament in England, 1483. Another name for parrot shooting? See Nocking Point Jan13.
10. To tilt the bow off centre when shooting.
12. One who practices archery. One class above first class.
13. General term for the intended destination of a shot arrow.
15. The last shot in an archery contest.

Nocking Crossword Sept answers.

Across: 2 & 4 Hen Feathers, 7 Aluminium, 8 Last, 11 Heartwood, 15 Hankyu, 16 Arrow, 18 Porpoise, 19 Longrod, 20 Osage.

Down: 1 Bracer, 3 Elms, 4 Flight, 5 Hold, 6 Rest, 9 Bamboo, 10 Horns, 12 & 17 Dry Loose, 13 Bull's-eye, 14 Paradox.

Dimensions for Recurve Bowstring (before twisting)



- A. 60.5" for AMO 64" bow, 62.5" for AMO 66" bow, 64.5" for AMO 68" bow, 66.5" for AMO 70" bow, 68.5" for AMO 72" bow. Add 0.75" for Hoyt Formula bow or W&W CXT riser. Add 2" for Border HEX 5 or HEX 6 limbs.
- B. 34" for AMO 64" bow, 35" for AMO 66" bow, 36" for AMO 68" bow, 37" for AMO 70" bow, 38" for AMO 72" bow. Add 0.375" for Hoyt Formula bow or W&W CXT riser. Add 1" for Border HEX 5 or HEX 6 limbs.
- C. 6".
- D. 6". Add 1" for Border HEX 5 or HEX 6 limbs.
- E. 1.75".
- F. 1.25".

Nock Fits for BCY 8125 or 8125G String

Beiter or Easton large-groove nock

20 strands w/ 0.015" serving, 18 strands w/ 0.018" serving, 16 strands w/0.021" serving

Beiter small-groove nock or Fivics large-groove nock

18 strands w/ 0.015" serving, 16 strands w/ 0.018" serving, 14 strands w/ 0.021" serving

Easton or Fivics small-groove nock

16 strands w/ 0.015" serving, 14 strands w/0.018" serving, 12 strands w/ 0.021" serving

McKinney nock

22 strands w/ 0.015" serving, 20 strands w/ 0.018" serving, 18 strands w/0.021" serving