

Allington Castle Archers

Newsletter September 08

The Dates for Your Diary

Captains Challenge

7th September

10:00 for 10:30

National Rounds

Double & Single

Followed by BBQ at

Captain's House

Mid Kent League

10th September Away

V

Swan

10:30 for 11:00

Beginners Course

6th & 13th September

Where did the season go? We are now looking at the season's results, how did we do? Did we get those classification scores? Did we win that trophy or medal? Well, there is not much time left in this year but I hope you enjoyed your season.

As I write this newsletter I am looking forward to the Whitefriars Open shoot, for which I am the Lord Paramount. As it is my first time I must read up on what I am supposed to do on the day.

Well I survived the outing as Lord Paramount, I was looked after well by Ann, who provided me with a good lunch & she guided me through with years of experience. The best bit by far is the handing out the medals at the end, to see the faces of the winners, particularly the juniors.

The very best bit was to congratulate Jade on not only winning, but achieving 800 Rose Award, very well done to Jade!!!!!!!!!!!!!!

Good to see some new faces helping out at the Whitefriars shoot.

In the last **MKL** shoot against Darentford we won the Handicap & the Pure score. A correction by the organiser Peter Dallas. The scores were close, but the outstanding performance was Warwick Drew, with a h/c score of over 1600. Well done Warwick, nice to see you back shooting well.

Brian Osler has joined the dark side, he has a compound. Best of luck with your shooting machine.

Ross has been busy as you see. Now we have a poet laureate. More from her later.

Neil Richardson (Vice Chairman) has represented the club well again in the Fox Longbow shoot 3rd August with another gold medal. A double National Round 120 hits, 14 golds & a score of 568. Well done Neil!!!!

The Captains Challenge

As this is the last internal event in the outdoor season, a relaxed shoot is the order of the day. A few rules,

1. there is to be lots of barracking encouraged
2. anyone wearing green & white will be expected to sing a song for the company.

Field Shoot

Sunday 5th Oct Essex Galleywood anyone interested, mixed entry, FITA targets.
See me.

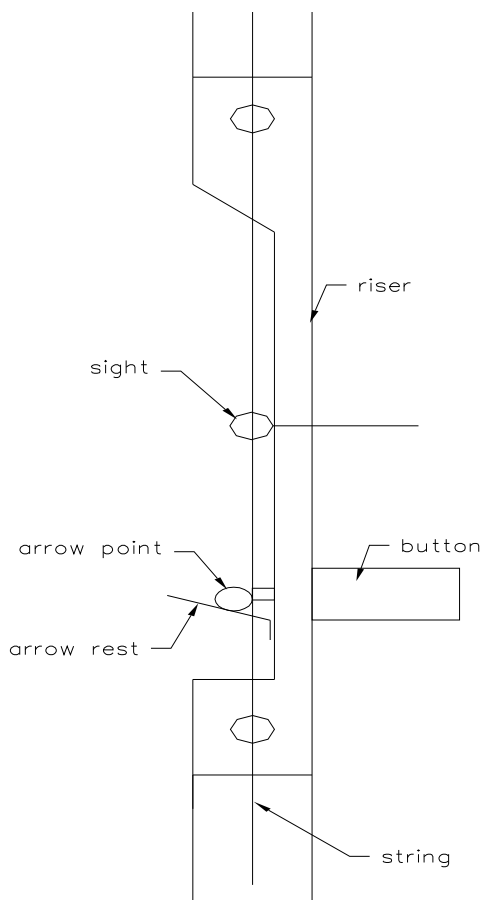
Toksopholy! Just a Newby By Ross Jackson 28/04/08

Archers are such a strange breed.
Wearing Sherwood green, khaki and white.
The people come from all walks of life.
From ten to eighty, bodies damaged and whole,
Longbows, recurves, compounds and don't forget crossbows.
Each will argue theirs should have been first.
Come rain or shine we stand there shooting.
Spending hours a day on a thin white line.
Arrows of many different hues,
different width's and woods and carbon and ali.
Spending hours searching for that elusive fletched stick.
A metal detector mostly does the trick.
Roger moaning "you've hit the leg again"
Colin saying keep those shoulders back.

Geoff B gently suggesting how to do it right.
 Geoff A saying don't do rules do generalisation.
 Their patience is by far beyond compare.
 Elaines the best, always setting up boss'es,
 I'm best at field work she will exclaim.
 Needs a medal for all her hard work.
 They are all so friendly and kind.
 Shame the worlds not more like an archery club.
 God would have been pleased how we all get on!

Geoff Allen's Bow Tuning course As I understood it. ©

1. Centre Shot Line up string through centre of bolt holes on the riser. Arrow tip should be slightly left of string. When aiming at the target the string should be either side of the sight circle.



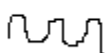
CENTRE SHOT

2. Nock Points Nock Points on string approximately 5mm for up from square **Carbon Arrows** and be 7-8 for **Aluminium Arrows**. This is done with a good quality bracing gauge.

3. Button Tension Right clockwise makes button stiffer, turned left or anti-clockwise

weakens the button enables correct arrow flight to target. Arrows route S←**Button**

4. Arrow Movement & Cause



Proposing the cause nock point height to high or low.

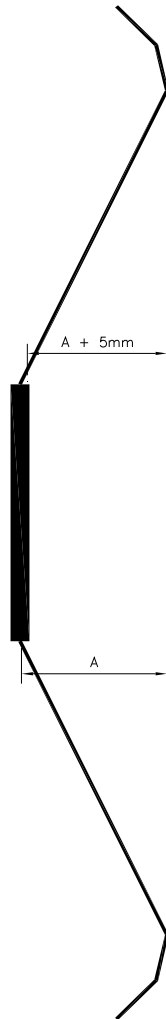


Fish tailing cause button tension sideways pressure.



Cause brace height & nock point, possible tiller alignment, or incorrect finger loose.

5. Tiller Bottom of riser and limb to string should be in a straight line. Top of riser to string should be 5mm greater from bottom of tiller to string. Or to manufacturers specifications. If it is correct, limbs should be moving together or have equal reaction time.



6. Brace Height Gauge Gauge should rest as an arrow would on the rest and clip in a straight line to string. The brace height should be as recommended by the manufacturer of be from centre pivot point of handle & button. Approximately 7-8mm for Aluminium arrows, and 5mm for carbon arrows. If nock point to high or low it causes arrow to porpoise.

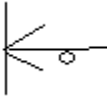
7. Bow Poundage If for example limbs rated at 44lbs @ 28" & if your draw length is 26" on a bow it will equal you pulling 38lbs. on your fingers. Alterations needs to be equal, before carrying this out mark limb bolt and riser with a soft colour contrast pen, both top and bottom before altering and remember how many turns you have made so that if you mess up you can put it back to original position. Manufacturers guide lines should be followed to the letter.

If you add or subtract poundage you will need to check both bracing height and tillering again to ensure both are still correct. Also shoot a bare shaft arrow as will be explained later in this

epic to see what is actually required. Centre serving can be replaced if the rest of the string is OK.

8. Strings Most string come ready waxed and should not need waxing. A shorter serving equals a quicker string. Fast Flights or D75 are good at present. Frayed or damaged strings should be discarded.

9. Arrows Length and Draw Length To middle of button is draw length, to beginning of riser is arrow length.



10. Arrows Aluminium & Carbon For instance a 1716 aluminium arrow will have a wall thickness of 16 thou and an width of 17. Carbon arrows are coded by the shape of shaft barrelled or straight and the number of carbon wraps around the aluminium core & normally include the deflection in fraction of inches i.e. 17-5 which means 0.5”@28” with 2lb weight in centre of arrow..

11. Bow Alignment to Target Ensure bow is straight down the centre line of the target as and incorrect direction of the bow by a few millimetres at the line could double the amount of the error at the target.



12. Tuning Arrows Arrow's can apparently be tuned to bow, by altering the pile weight, more weight weakens the arrow and less stiffens it. More, for Olympic archery, than the club variety.

13. Body Line & Body Spring Plant feet firmly and equally either side of the line. Or dependent which position you are on the line at a very slight angle. Use foot markers for consistency measure with an arrow a straight line to the boss. Ensure arms are in line with boss. Practice for consistent positioning of body feet and arms. Until, it becomes a natural routine.

Allow for body spring reaction. Stand on line hold bow and arrow to target, close your eyes for a few seconds, open again and see how far the body spring has moved you off the original target position. If so adjust your feet positions to correct.

14. Shoulder Blade Rotation When taking stance to shoot, place finger on string index finger at first crease, then ring finger at first crease then second finger where it falls. Pull string by rotating shoulder with elbow high and pulling back with a smooth motion. All fingers should have equal pressure, releasing string by rolling off of fingers in a smooth backward motion toward ear.

15. Stabilisation Long Rods & V bars. By altering angle of V bars up and down would make bow slower or quicker, and stop sideways sway. Long rods balance bow backwards and forwards with added short rods at either the back or front together with weights and doinkers.

16. Arrow Release Equal finger pressure and release. Keep palm of hand flat and straight. Let the string roll off the fingers whilst hand moves backward toward the ear.

17. Adjustment Of The Sight and Or Button Only move sight or button on the centre of a group of arrows and not on single arrows.

18. Walkback To Tune Your Bow Shoot arrow on a double boss with wallpaper running from top to bottom with a small circle a few inches down from top and a centre line from circle to ground. Shoot 3 arrows at 10yds, 3 arrows at 20yds, 3 arrows at 30yds, 3 arrows at 40 and 50 yards. If arrows for each group land for instance land in a triangle configuration draw a centre spot in the middle of that triangle.

If arrows are heading to the left or right, you would need to put a ½ a turn on button, either way & repeat shot, if movement is increased turn button opposite way. Do not change your sight in anyway during the walk back tuning but which way, left or right?



Shoot at a paper plate 50 yards. Those arrows that hit the plate put aside shoot only those that missed and see were they go. Does this mean arrows are damaged or what? Possibly just do not include them in your first set of six.



19. Bare Shaft Arrows

Shoot three arrows, then a bare shaft arrow and see if they land in the same place.

If they land at 12, the nock needs moving up.

If they land at 3, too much bow poundage, increase button pressure.

If they land at 6, nock point needs moving down.

If they land at 9, not enough poundage decrease button pressure..

If you move poundage remember to check tillering and bracing height again.

20. Paper Tuning Device Nock placement finder, lipstick arrow end and shoot at a target thro a sheet of paper held on a stand. The first one on this diagram is perfect.

What do the others indicate? Bits of torn paper indicate tillering is out of alignment.



21. Concentration Span And Aim Remember, we have the attention span of a goldfish a few seconds. So take aim, float sight in the blue, red, gold, and shoot. If you aim higher rather than lower the arrows will drop into gold, red and blue and not on to black and white at bottom of the target or off the boss altogether.

By Ross Jackson