



Allington Castle Archers
Newsletter July 08

The Dates for Your Diary
Westborough School Fete
5th July from 1:00pm

&

Scout Have-a-go
Friday 11th July 5:30pm
Come along & help teach the next
generation to shoot

Mid Kent League Home
13th July 10:30 for 11:00

v

Medway & Abbey

ACA Longbow Championship
20th July 2:00pm
New Western Gents
Western for the Ladies & Juniors

ACA Club Championships
27th July a F.I.T.A. round for Recurve &
Compound
10:00 for 10:30
See notes in Captains Corner

Captains Corner

Hi All, another month gone, how the time flies.

Only five events for me to report on this month:-

MKL v Abbey, a good turn out from the membership, results below

	H	G	Score	
Steve Beebe	108	79	902	
Dave Corke	108	56	844	
Andy Wright	108	44	804	
Paul Meekins	108	40	772	1448
Clive Jeffery	96	15	526	
Gareth Williams	105	17	629	
Adrian Randall	90	12	504	
Phil Kessel	87	10	408	
Geoff B	43	3	198	
Albion				
Colin Bowen	89	11	469	
Elaine Smith	102	23	655	
Windsor				
Barry Ruck L/B	62	8	280	
Phil Wise	62	1	242	
Charlie Randall	105	27	691	
Junior shot Windsor	95	13	495	
The teams				
H/C				
Elaine Smith with 1660 h/c score				
Jade Smith	1542	"		
Charlie Randall	1506	"		
Dave Corke	1451	"		

6159

Pure Score

Steve Beebe 794 adjusted

Dave Corke 736 adjusted

Paul Meekins 772

Charlie Randall 691

2993

with Elaine, Jade & Charlie's help we won the h/c

but lost the pure score JUST.

The weather was good but the clouds kept coming over very grey. But we were lucky, no rain.

The Presidents Trophy

Your Captain was away shooting for County. A four ways county shoot that was three way in the end. It was intended that Gareth was to stand in as Vice Captain, but as the saying goes “Plans of mice and men” rarely run smooth. Unfortunately Gareth’s wife was taken ill & Chris Bearman and Paul had the honour. Thanks Chris & Paul for doing a great job.

Results are on the website for those that are interested.

Gareth – we all hope your wife is doing well.

The Inter-Counties 22nd June Kent v Essex v London(no team) & Middlesex.

The venue was the other side of the world, West London, near Twickenham and so a long drive. Longbows shooting a F.I.T.A. is not good but if I am to get MB this year I need it. We did not get started until 10:30 & as it is a long 12doz shoot we knew we were in for a long day. The weather was gusting wind - not helpful. The venue, a Rugby club field, was brilliant - flat & well manicured grass, with a great clubhouse.

The shooting did not go well, I left as soon as the shooting finished at 6:00 pm.

So do not know the results, but I don’t think the Kent Longbows won.

I made it home at 8:00, a very long day.

The Sir Thomas Wyatt, our Premier Open shoot, Record Status & Rose Award double York/Hereford.

The weather was very kind and it was time to try out our new Marquee, recently organised by Paul our chairman. I am sure Colin will have an input to the newsletter next month, but may I say that the number of helpers on Saturday was very disappointing. As is often the case, the same faces each year turn out, but we need the newer faces to learn what goes into an open shoot. Also

remember that the profit from these events **KEEPS THE ANNUAL SUBSCRIPTION DOWN** so it is in all our interests to make them a success. Many hands do make light work.

Enough of a moan, the reason I was not there this year, was that Paul Bradley & I entered for the combined **Open, English & Kent Field Championships** at Woodstock. A two day F.I.T.A. 24 unmarked targets day 1 and 24 marked targets day 2.

We enjoyed the same weather as the Tommy Wyatt as it is only at the top of Detling Hill. The Welsh are taking over the sport so it seems. There were droves of them at Woodstock. Come on, where are the English?!!!

A great two days of meeting old friends and shooting. We did rather well. I managed to win the Gold for Kent Longbow Field, and Paul the Silver.

I finished 2nd overall so received the Silver for the Open and English Field.

Four medals from two entries was not bad!

If you are interested in field shooting see me or Paul Bradley

A few notes on the coming **Club Championship** recurve & compound.

For the newer members, the F.I.T.A. round is **metric** distances, the yellow markers on the field.

Gents 90M, 70M, 50M & 30M. Gents F.I.T.A.

Ladies 70M, 60M, 50M & 30M, Ladies F.I.T.A.

Junior U16 60M, 50M, 40M & 30M, Metric II

Junior U14 40M, 30M, 20M & 20M. Metric III

So you need to get all four sighters before Sunday 27th July.

Also it is on two different sizes of target face, the two longest distances on the normal 122cm face, the others on a 80cm face.

To add to this it is scored Metric. I.E. 10,9,8,7,6,5,4,3,2, &1.

And to finally finish you off :- you only shoot one end of **three arrows** before you collect on the two shortest distances in each round.

A new contributor to the newsletter Phil Wise.

Hello all

I've no doubt that you are all aware that I'm an Osteopath and as such have been asked by one of our holy leaders (Geoff B) to compile some bits and pieces on what you can do to decrease the strain placed on your body whilst shooting on the field.

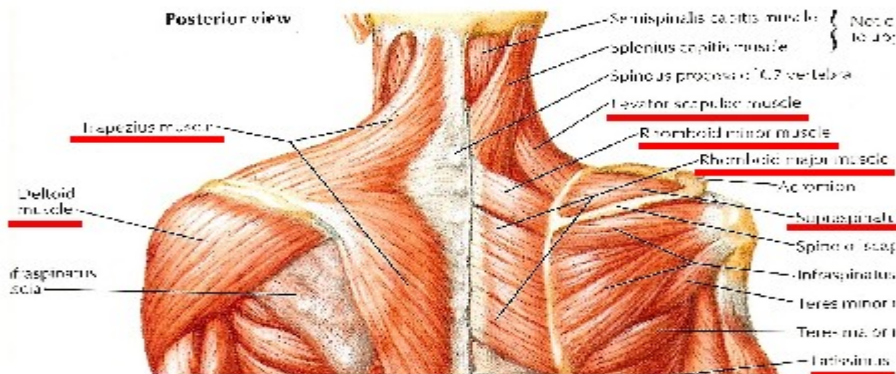
The first thing I'd like to say is that I'm not going to try and teach you specific archery techniques, as this would be akin to trying to teach granny to suck eggs – especially as I've only been shooting arrows for just over a year.

I have been practicing Osteopathy for a lot longer though (6 yrs in total: 2 whilst qualified) and so as such I'm very aware of what constitutes a good standing posture and can see the benefits of doing certain stretches before and after shooting as well as maintaining a good posture whilst on the line.

The first thing that I've been asked to mention is standing up straight – this is apparently a bit of a bug bear of Geoff B's as he says he is always telling people to do it and yet they seem to ignore him, maybe the cloud of smoke that surrounds him obscures your vision somehow, thus making you less able to see what he is demonstrating?

Nonetheless, from an osteopathic viewpoint I have to agree with him as allowing yourself to be hunched over or slouched whilst shooting means that you're not using your Rhomboid, Latissimus Dorsi, Serratus Anterior or lower fibres of Trapezius muscles (the ones between your shoulder blades and down the sides and lower parts of your back) as you should be. This in turn will lead to overuse of your Deltoid, Supraspinatus, Levator Scapulae and upper fibres of Trapezius muscles and eventually to fatigue of these muscles, leading to neck and shoulder pain.

Below you can see a view of a human who has first been greeted by Hannibal Lecter with some flava beans and a nice bottle of Chianti, before having labels stuck on their back. Note that the underlined muscles are the ones I refer to in the above paragraph.



Also a little note especially for those of you that smoke or suffer asthma: due to the excess strain placed on the shoulders with long term affliction of these conditions then you are most at risk from shoulder and neck injury – so give up the fags and/or stand up straight whilst shooting; I can help to a certain degree with your asthma (see me to find out more) If you need any advice relating to neck and shoulder injury (or any other injury for that matter) then please feel free to ask me whilst we are on the field.

Regards Phil W.

And on a lighter note from Roger

