



"Four things come not back - the spoken word, the sped arrow, times past, the neglected opportunity."
Omar Ibn Al Halif



Centenary Archers Club Inc. Newsletter

Editor - Tom Woodley



Issue 5

2010

Editorial

Hi everyone. Sorry this copy of the Newsletter has been so long in coming but for private reasons I have great difficulty in concentrating on things like this for the past few months and hopefully things are back on an even keel now.

This issue is mainly about the performance of your fellow club members at the Australian National Target and Field Championships held at the Mt Petrie Bowmen range in Belmont, Brisbane between 16 and 21 May 2010.

Our people performed very well and won a number of awards for their performances. Well done ladies and gentlemen and may there be more of it.

Club Notices

The following information should be read by all members:

Cost of Badges

- Due to the increased cost and the number of members receiving badges the committee has decided that the set of levels badges eg 3rd, 2nd, 1st Master Bowman & Grandmaster Bowman, will be at no charge to the archer but all Gold & perfect and levels badges there after will be at a cost of \$6 each.
- As an example if you already have all your levels badges in Compound and are thinking of getting them in Recurve Longbow etc they will cost you \$6 each along with any all gold and perfects you may choose to claim.

Events Calendar

May

Saturday Club Social night 29 May 6.30pm at Blue Room Cinebar at Rosalie

Saturday 29th: Club Championship and Most improved

Personal Profiles for Members

It was suggested to me by Sandy Dunstan that it might be a good idea to start putting into the Newsletter, the personal profiles of those members of the Club who are happy to participate in this exercise. The idea is simply to get to know one another better and Sandy has volunteered to do the interviews with members, so I request all of you to think about this and try to participate.

Australian National Championships

The following members entered these Championships

Derrelie Ridgeon, Sandy Dunstan, Philip Buhot, Abdul Safaei, Lazuardi Tauhid, Andre Buhot, Brad Patterson, and Tom Woodley. All members performed creditably in the face of pretty fierce competition. These are the results (the number appearing before each name is the placing gained as a result of their performance):

Target Recurve – Men:

18 BUHOT Andre CA					
First Round	236	269	265	320	1,090
2 nd Round	243	276	288	326	1,133
				Total:	2,223

30 PATTERSON Brad CA					
First Round	159	252	254	310	975
2 nd Round	195	252	230	292	969
				Total:	1944

Award: Australian Star 900

Target Recurve – Women:

14 RIDGEON Derrelie CA					
First Round	244	248	258	319	1,069
2 nd Round	233	262	282	321	1,098
				Total:	2,167

Target Compound – Men

13 SAFAEI Abdul CA					
First Round	316	338	331	356	341
2 nd Round	312	328	335	351	1,326
				Total:	2,667

33 TAUHID Lazuardi CA					
First Round	242	292	285	327	1,146
2 nd Round	263	294	273	325	1,155
				Total:	2,301

Award: FITA Star 1100

Target Compound – Veteran Men

6 WOODLEY Thomas CA					
First Round	322	329	324	342	1,317
2 nd Round	322	337	323	339	1,321
				Total:	2,638

Award: Australian Star 1300

Longbow Veteran Men

1 BUHOT Phillip CA					
First Round	76	99	98	183	456
2 nd Round	58	102	73	152	385
				Total:	841

Award: Gold Medal

Longbow Veteran Women

1 DUNSTAN Sandy CA					
First Round	125	247	162	250	784
2 nd Round	152	198	221	224	795
				Total:	1,579

**Awards: Gold Medal
Australian Star 700**

Field - Recurve:

13 RIDGEON Derrelie CA			
231	222	453	

Field - Compound:

10 SAFAEI Abdul CA			
373	393	766	

Clout

Barebow Recurve – Women – 125 metres

1 RIDGEON Derrelie CA				
285	255	540	Gold Medal	

Barebow Recurve – Veteran Women – 125 metres

1 DUNSTAN Sandy CA				
169	267	436	Gold Medal	

Philip Buhot, Derrelie Ridgeon and Sandy Dunstan won Gold Medals in their respective Divisions. Congratulations all of you.

Australian Records Gained During Nationals

WOMEN'S LONGBOW

Sandy DUNSTAN SQ 50m (122cm face) **247** 231 19-05-10 National Championships Brisbane

MASTER WOMEN'S LONGBOW

Sandy DUNSTAN SQ 50m (122cm face) **247** 231 19-05-10 National Championships Brisbane

VETERAN WOMEN'S LONGBOW

Sandy DUNSTAN SQ 30m (80cm face) **250** 146 19-05-10 National Championships Brisbane

Sandy DUNSTAN SQ 40m (80cm face) **162** 120 19-05-10 National Championships Brisbane

Sandy DUNSTAN SQ 50m (122cm face) **247** 168 19-05-10 National Championships Brisbane

Sandy DUNSTAN SQ 60m (122cm face) **125** 93 19-05-10 National Championships Brisbane

Sandy DUNSTAN SQ FITA 60m Round **784** 527 19-05-10 National Championships Brisbane

Very well done, Sandy!! You realise, of course, that this has to cease. It's getting terribly monotonous 😊

The following Centenary members have been selected to the SQAS team:

Derrelie Ridgeon, Brad Patterson, Andre Buhot, Abdul Safaei and Sandy Dunstan. This is really terrific for these people and for the club. Very well done people and enjoy the experience.

In ending this Nationals report, I'd like to urge all members to try to attend these things in future as they are quite spectacular and you can see some of the best archers in Australia performing. It doesn't matter how well or otherwise you perform – it's the experience of it that counts and you won't regret it.

Shooting Tips

Aiming and releasing the shot

This applies to recurve, longbow and compound archers. The idea is simple – you draw the bow and quickly transfer your gaze to the sights and get them and the target lined up. I'm not going to enter a debate about whether you should focus on the sight dot/circle/pin or on the target. There are some different schools of thought about this and I've already made my thoughts known previously – I focus on the sight .

So now you are on aim and the first thing you'll discover is that the sight is wobbling all over the place. The degree of wobble is directly proportional to your holding ability at full draw. If you don't practice drawing and holding and trying to achieve a steady aim, then your sight is always going to wobble all over the place.

This is no great problem if you only do archery for "fun" but don't whinge when you can't hit anything. Like all things in life you have to put in the effort to get a result.

Anyway, as I said, there you are on aim either wildly wobbling or the sight is moving in a fairly tight area around the centre of the target. There is simply no point in trying to wait for the sight to settle steadily in the centre of the target – it isn't going to happen.

The longer you take to release the shot the more tense you are going to become (and tired too). The thing is to come on aim quickly, briefly let the sight settle as steadily as possible into your area of wobble and then proceed immediately into the release.

If you do hold too long trying to eliminate the wobbles or trying to refine your aim too much you may find yourself “freezing” on your release (ie you won’t be able to do it). If this happens you must let down and start again. Failure to do so will result in an almighty jerk and the arrow will go anywhere.

Whatever you do, try to relax when at full draw and try to make the release a relaxed action. You can tell pretty easily if you are tensing up – your bow hand will become quite rigid. Wriggle your fingers to relax them and then proceed with a relaxed release. Your scores will improve dramatically.

How do I know all of these things? It’s because I am a serial offender in this regard and I still can’t accept the fact that I am 71 years of age and not 41. I get out of doing this only as a result of intense focussing on what I should be doing and it takes a while for me to come good.:-))



The Parting Shot

Not a lot to say in ending this time. Summer wrings me out and seems to crush my motivation. Nevertheless, it is important to have something sage to say on completion so I will talk very briefly about coaching notes and tips.

Producing a Newsletter can be a frustrating exercise at times because it is difficult to know how it is being received and whether it is meeting people’s needs or not. Feedback is essential for this but people don’t seem keen to provide any.

So my question to all and sundry is – do you still want coaching notes/tips etc in future issues or would you rather not. I don’t wish to step on Graeme’s toes as he is the official club coach. My only desire is to pass on stuff that I have learnt over the years and which some people may find useful.

If you have a strong opinion about this let me know, if you would be so kind. In fact if you have an opinion about anything relating to the newsletter then please let me know.

If we are going to have a Newsletter I’d like to make it as good and as useful as possible. Thanks in advance.

Oh and one last thing – if you get this and you are no longer a member please let me know and I won’t send one anymore. Also, if you change your e mail address please let me know as well and if you’d rather not receive a copy for whatever reason, then please let me know this too.

Hope to see you all at the range soon. Deep tens all!!



The all new PSE X Appeal Recurve bow:



