

The Sped Arrow

"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 7
2010

Editorial

Hi All! In this issue there will be no Personal Profile, regrettably but there will be one in the next. Sandy was tied up practicing for the Australian Indoor Championships and did not have the time.

Very pleasing results from these Championships and even more pleasing was to see a number of our juniors turning up to shoot. I hope the enthusiasm for this is infectious as open competition is not only challenging but is good fun.

Club Notices

1. QRE at Hervey Bay Club on Saturday 24th July.
2. SQAS Fita Star Weekend, Mt Petrie Bowmen on 14/15 Aug. People can try for a Star on both days in one or more events.

Robin Hood by Strafford Stark!

Strafford Stark shot his first Robin Hood on Sat 28 May during an Indoor Round (shot outdoors) at 18 m using his longbow. It took a while to get the photos but here they are:



Strafford has what can only be called a "non-plussed" look on his face. It says "I'm real proud of this" and "Pity I had to break an arrow to get it".



That sure is a Robin Hood. Pity it wasn't shot by a compound – it would have gone all the way in. Well done, Strafford!!

Results Australian Indoor Championships

Open Womens Recurve

7	Derrelie Ridgeon	SQLD	Ca	259	267	526	265	255	520	32	48	1046	8.72
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Open Mens Compound

9	Abdul Safaei	SQLD	Ca	284	285	569	289	287	576	66	53	1145	9.54
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Open Female Recurve Barebow

2	Derrelie Ridgeon	SQLD	Ca	237	249	486	251	254	505	28	35	991	8.26
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Veteran Womens Longbow

1	Sandy Dunstan	SQLD	Ca	211	183	394	185	194	379	4	16	773	6.44
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Open Womens Longbow

1	Sandy Dunstan	SQLD	Ca	211	183	394	185	194	379	4	16	773	6.44
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Veteran Mens Longbow

6	Phillip Buhot	SQLD	Ca	147	85	232	115	118	233	3	5	465	3.88
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Junior Boys Recurve

6	Jon Mccullough	SQLD	Ca	210	213	423	212	193	405	14	14	828	6.90
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Cadet Bows Recurve

22	John Freeman	SQLD	Ca	172	147	319	166	147	313	12	4	632	5.27
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Cub Boys Recurve Barebow

2	Max Ridgeon	SQLD	Ca	87	66	153	138	115	253	0	5	406	3.38
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Open Mens Recurve

12	Andre Buhot	SQLD	Ca	260	269	529	260	263	523	30	55	1052	8.77
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These are really good performances from the club members participating. Sandy Dunstan won 2 gold medals and Derrelie Ridgeon and Max Ridgeon won silvers in their events. It's great seeing some of the younger shooters attending and I hope that they had a great time and that they will look for more competition in the future. Well done people!!!

Shooting Tips

These tips apply to Recurvers and Compounders and I hope all will find them useful.

First, recently, during a Saturday afternoon shoot, I took the time to observe a lot of our archers and their form, whilst they were shooting and I have to say that there seem to be several archers who have an error creeping into their form for both types of shooters.

Several of the archers I observed are actually lifting their bow shoulder during the draw, virtually hunching it. This usually indicates that a person is overbowed or hasn't practised enough to set themselves up properly, thus:



As you draw, you must try to lock the bow shoulder down as low as possible and keep it there. As you come to full draw, you should bring your drawing hand down to roughly chest height and check again that the bow shoulder is locked in the down position, also thus:



And once here, lift the drawing hand to the chin, whilst keeping the bow sight steady on the target.

Second Tip, concerns bow draw weights. Usually but not always, archers will select a relatively low draw weight for their bow in the early stages, be it recurve or compound. This is pretty good common sense, but once you get used to the bow and the shot sequence and can do this relatively easily, what then?

It may surprise you to know that your shooting will improve greatly by building up the draw weight of your bow, be it recurve or compound. The reason for this is the same for both bow types – the heavier the draw weight, the greater the lift applied to the bow hand, which in turn makes it easier to hold the bow steadily on aim AND the heavier the draw weight the greater the arrow speed. This really matters in the longer ranges and in windy conditions.

The following photo shows the forces acting on the hand and shoulder joint at full draw and the red arrow is the lifting force. As the forces increase (via heavier draw weight) so the lifting force increases proportionately.

This is true for compounds as well and explains why better compounders opt for lower let off for their bows as this encourages a greater draw/holding force to keep the bow at full draw.



Sebastian Flute Magnetic arrow rest – rather cute and reasonably priced at \$32 Aust.



Angel Clicker Leg

Yes it's real and is a very cool (and amusing) piece of kit from the normally straight laced Japanese Angel company. What a great bit of kit for the up and coming recurver!

The other benefit of the heavier draw weight in recurves is that you will find it easier to get a good clean release with a heavy draw weight, because it is commensurately harder to pluck the string and the heavier weight on the string will force the fingers free cleanly and quickly on release.

If you are young enough and/or fit enough you should plan to work up to 50+lbs draw weight for recurve and 55 to 60lbs for compound. Your scores WILL improve as a result.

Third Tip - Vane sizes – I notice a number of shooters using relatively long vanes on their arrows, both recurvers and compounders. This is not only unnecessary but slows your arrows down due to the increase in drag from the greater surface area of the vane. People with fast (heavy draw weight) bows can get away with 1.5 or 1.75 inch vanes and people with lower weights will find 2 to 2.5 inches is more than enough. You need just enough vane size to stabilize the arrow on release within a reasonable distance. Anything more is, as I said, a waste of good arrow speed.

Finally, I don't recommend feather fletches, unless you are a traditionalist. You will find out why, if you ever get caught in the rain!

Hope some of this helps. Deep tens all!

New Gear

Some interesting new stuff this time – mainly for recurvers

New Hoyt Riser – Formula Excel

This is the new budget model of the Formula RX but a ¼ the price! Price in Aust \$700, incl limbs. Not a bad deal!



Champion II Arrow rest from AAE-Cavalier



Win & Win Inno CXT carbon riser



This is the top of the range Win & Win carbon riser and if you want to see one in the flesh, go and see Derrelie Ridgeon at the club and ask her if you can have a look at

her brand new glossy silver Inno. It's gorgeous and I wish I were fit enough to take up recurve seriously again. SIGH!!

Bear Paw Serving Tool

This is new on the market and made in Germany and has to be as good as the expensive Beiter tool. I don't think anyone has them in Australia yet but I bought a couple from the sates at \$25 AUD each and at that price they are a steal. They feature stainless steel rollers and are adjustable for tension, just like the Beiter.



The Parting Shot

Nothing serious this time. I thought you might like some pleasant animal pictures that I found appealing. Enjoy.



Cat and wee friends



OOOOH! That's nice and warm in there.



"On the wings of an eagle I find myself lifted to the sky...."
(Simon and Garfunkel)



Chimp and baby white tigers.

