



Christmas Edition



2010



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



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Editorial

A number of club members attended the Pan Pacific Masters Championships at the Gold Coast Archery Club on 13/14th Nov. What a beautiful club it is. If anyone hasn't been there previously then it is well worth going there just for the sheer beauty of the grounds and surrounds.

The Club ran a great championships and I believe everyone who attended had a good time. Shooting conditions were reasonable – generally sunny, hot, with a strongish sou'easter blowing both days.

It was a good opportunity for our club members to try out the Damage targets that they use and they are really great targets. It looks as though our club will be going with these and I believe an order will soon be placed with the Australian distributor.

Once again I would like to urge members to attend other club shoots (not necessarily the PanPacs as they are too expensive for my tastes). It's not only good fun but you get to meet some really nice people.

Try it, you WILL like it.

Results of Pan Pac Championships

A Grange Round (90 arrows at 60m) was shot on the Saturday followed by a Canberra on Sunday. Scores were totalled to determine placegetters. All matches were shot in age divisions:

Abdul Safaei – Compound - 30-49 - 845/869 - 1714 – 1st

Strafford Stark – Longbow – 50-59 – 584/697 – 1281 – 1st

Mark Kluver - Recurve – 50-59 – 618/ 655 – 1273

Sandy Dunstan – Longbow – 60-69 – 653/738 – 1391 – 1st

Phillip Buhot – Longbow – 60-69 – 387/530 – 917 – 1st

Tom Woodley – Compound – 70+ - 777/779 – 1556 – 1st

So, five gold medals in all. Quite a successful weekend. Mind you, my medal was as a result of me being the only participant in my grade, so it hardly counts – but I'll take it.

New Damage Targets

The club has now placed an order for the first lot of Damage targets. They are being supplied by Pat's Archery, Sth Aust and he has to get more in from Sweden to meet the full order but it shouldn't be all that long before we see the first batch. He, incidentally, is the only authorised supplier for Australia, so there was no question of trying to get competing quotes. Pity about that.

I believe the recurve and longbowers will enjoy the target as they seem to have very few bounce outs. Compounders are well looked after providing you don't shoot too many arrows onto the thin portion which is not protected by the rear stop. Shooting in the middle, the target is remarkably resilient and I witnessed no pass throughs at all.



In this photo (taken by Grahame) you can see the extra deep centre portion and the hanging backstop.

Buying a Recurve Bow

In some ways I am not qualified to give advice on this matter, but I know enough about modern archery equipment to feel pretty confident about what I say.

There is a dizzying choice of recurves available these days and to make the decision even harder, on most recurves you can fit other branded limbs providing the riser has International limb fittings.

I also find it incredible that you can pay from \$350 up to \$2000 for a recurve and there is no guarantee that one will shoot better than the other. If you study the publicity blurb on risers and limbs you will find some interesting facts if you care to analyse what is being said.

The big thing these days about risers is rigidity and vibration absorption. If you think about it and actually examine a bow at full draw, you will soon see that even the cheapest risers don't flex as you draw – it'd be silly if they did as they would soon break. The flexing (and it is not a great amount) occurs AFTER the arrow has left the string and as such has no effect on the arrow's flight. Similarly with vibration absorption – it too occurs after the arrow has left the string and has no effect on the arrow's flight. It may be uncomfortable for the archer but it really isn't a major issue and you have to ask yourself the question "Do I really want to pay an extra \$1600 just so I can't feel any vibration anymore?"

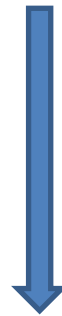
The other very important thing that a riser does is to hold the limbs in perfect alignment. This is something you need to check before you buy. The pockets/fitting doesn't have

to be adjustable but they do need to be aligned and provide a snug fit for the limbs

So, as a club, we should be able to give good advice to new archers as to what they ought to buy. For new starters, choose a "name" bow eg Hoyt, Win & Win, Samick, to name a few and go for a moderately priced riser. Hoyt for example now have the new Horizon riser on the market for around \$210 AUD and this would be a great buy for a first-off riser which will produce results of a top order. Combine this with a set of the Hoyt wood core limbs(around \$170 AUD) and you have a really first class package for a modest outlay:



Of course, if price is no object and you want something really top of the range, then I suggest the W&W Inno CXT riser (all carbon) coupled with W&W Inno EX Nano Carbon limbs. This combo will set you back a total of \$1300 AUD. But it's a sexy bit of kit:



New Stuff

Sadly there is not a lot of exciting new stuff around as yet. The new Hoyt range of bows, including their latest iteration of the Carbon Matrix is shown, resplendent in red (and Abdul has his on order in this colour). Looks great.

Some new recurve bows are available, with some new paint schemes. Win and win in particular is worth looking at for its new range. I tried to copy the new stuff here but the site won't let me do it. Sigh!

For compounders, there are some new release aids out that are worth looking at. First, is the new Carter "Like Mike" wrist release. This is a beautifully made release and Brian Parsons very kindly allowed me to try his last Saturday and my opinion is that it is a beauty. Adjustable in let off weight between 0 and 5lbs!! And with an ultra crisp trigger release.

In similar vein to this, the new Carter Lucky is almost identical except that it is shorter and relies on interchangeable magnets to affect the trigger weight. Here they are:



There is a choice of 4 different wrist straps for these aids and the best one in my opinion is this one. It's leather and has a really excellent strap locking system:



Other new Carter aids are:

The Carter Whisper:



The Carter Attraction in 3 and 4 finger styles. This aid can be used either as a thumb trigger release aid or as a back tension release aid, which makes it really good value for money.



Bow Stabilisation Revisited

I know I've raised this matter previously but I really feel it is necessary to raise it again, based on recent experience of mine and from watching others shoot, particular under windy conditions.

When I bought the Hoyt Carbon Matrix compound, I fitted it with a Merlin Archery Triad long rod stabiliser which I already had. I did this because the Triad is one of the lightest long rods available and I was trying to reduce weight as much as I could.

In nil wind conditions, this combination proved to be admirable and made for a very pleasant shooting bow. Then I attended the Pan Pac Masters on the Gold Coast, which was shot in strong gusty winds, and everything turned to worms. Far too much deflection caused by the crosswinds and a very poor effect on my scores.

I decided that I could not persevere with such an arrangement and went back to my rather odd looking but highly effective, system which incorporates a small front stabiliser with 9 oz weight attached and a downward, angled long rod which is of 30" in length and has a weight

of 9 ozs fitted as well. This is a much heavier arrangement than the Merlin setup but it allows me to shoot well in all but the very worst of conditions.

The current short forward rod will soon be replaced by one of the New Fuse Carbon Blade short rods fitted with their streamlined weights and I hope that this will prove even more effective in defeating wind effects as my current arrangement does – but it will look nicer.

So, based on these recent experiences of mine and also based on my observation of the effect of the wind on club members bows whilst they are shooting, I thought it wise to reiterate some things about effective bow stabilisation.

Contrary to popular opinion, a set of stabilisers is not generally fitted to a bow to make it look “cool”, even though it might as a side effect, achieve that questionable state.

Stabilisers are fitted to stop the bow from moving around uncontrollably in all shooting conditions, particularly in high gusty wind conditions. Sadly, by their very design, very few modern stabilisers achieve this and the reason is simple enough – there is this weight out at the end of a long moment arm (the long rod) which when affected by a side wind causes an almost irresistible turning force on the bow, so much so that many shooters have their bows deflected completely off target in strong gusts. (this doesn't happen with my arrangement, by the way).

The Yanks have tried to overcome this problem, by whacking really heavy weights on the front of the rod, sometimes up to 15 lbs (yes you read that correctly). To accomplish this though, they are forced to use large diameter ultra stiff long rods, which of course have very high parasitic drag because of their large diameter and therefore tend to negate somewhat the effect of the greater weight (no free lunches here).

Those Yanks that do this are really strongly built, BIG guys and even then the rod will still move in a strong gust, more slowly at first because of the high inertia of the rod/weight, but once moving it becomes very hard to stop the movement also due to its inertia, so what you gain on the swings you lose on the roundabouts.

I spent a long time researching the idea of effective stabilisation and developed my set up based loosely on the Steadycam system used by video camera users ie, a very low C of G, achieved by fitting heavy weights to the end of a long rod.

It worked for me and co-incidentally my set up resembled in some respects what some top archers from the southern states have done with their so-called “keel” stabilisers.

My set up balances the bow completely level in the hand – sorry, no fancy flipping forward after the shot (which is also considered to be “cool” and has very little other effect). After the release, my bow just sits level and quietly in the hand – very unspectacular but very effective in terms of accuracy.

So this is a bit of a plea from me to all of you to try to be a bit adventurous in your approach to stabilisation of your bows. What I did is easily replicated for both compounds and recurves, providing you can live happily with the looks of the arrangement. I am happy to assist anyone with relevant advice if he/she wants to try something a bit different. Being old, I adhere to the old adage:

“Handsome is as handsome does”. In other words if a beautiful setup fails to do its job, what good is it?

Think about it.



The Parting Shot

I want to address an issue this time which is a real problem and for which there will be a number of conflicting opinions

What I don't want to do is create controversy within the club and what is written herein is my own personal opinion and I offer it up as a subject for discussion only.

Shooting conditions in summer are generally unbearable, both at our club and all others as well. High temperatures, coupled with high humidity plus exposure to UV radiation makes for a very uncomfortable and in many cases, a dangerous shooting environment. For example, Australia has the highest rate of skin cancer in the world, yet very few shooting lines have any sort of protection for shooters. As an OH&S issue for clubs this has to be a real concern. In addition, there are shooters who are older, and/or who have medical conditions and who suffer very bad effects from exposure to the full sun as well as the high temperatures and humidity. Heat exhaustion is always a concern in these cases and can also affect younger shooters.

There are those who may suggest that if the conditions are so bad then perhaps the person concerned should withdraw from shooting during the summer months. This is what I do on the really bad days. It isn't really a proper

solution in this day and age and discriminates heavily against people of the category I am talking about

Archery Australia gave some recognition to the problem when it changed the Australian Shooting rules to permit shade structures, made of shade cloth on the shooting line.

Here are some extracts from the AA rule book, which are pertinent to this subject:

6.1.1. General

2. An organisation conducting an event for and on behalf of the Association or any RGB affiliated with the Association, **shall take all reasonable precaution to ensure the safety of both people and equipment.** (my emphasis)

7.1 Competitions

7.1.2 All archery tournaments conducted under the auspices of the Association shall strictly comply with these rules. However, shoots, events or tournaments, even though listed on Recognised Governing Body (RGB) calendars, **may be conducted under such rules as designated by the host club so long as those rules or limitations are clearly stated on the entry form.**(my emphasis)

7.4.4 Athletes are permitted to shoot under a structure which provides UV protection. (My emphasis) Such structures must not provide protection from the elements, such as rain or wind, but must provide equal UV protection for all athletes. Structures must not create a hazard or obstruction to athletes or officials. Such structures apply to all events, up to and including National Championships.

So these rules allow a club a fair degree of flexibility in terms of what protection could be made available for members.

There was talk in the club not long back about creating a permanent shade structure on the firing line. At first sight this seems to be a reasonable thing to do, however, there are some problems with it. First it will be expensive, secondly, either the shade cloth would have to remain in position permanently or it would have to be taken down each day and re-erected before shooting commences. If you think your way through such a procedure you will soon realise that doing this will not be an easy task. In addition there is always the possibility of such a structure being vandalised. In fact I would think such a structure would be irresistible for vandals.

I would like to suggest what I think is a more economical and reasonable solution. We currently have three shade structures (tents actually) that we put up in the summer and I would like to suggest that we buy more and erect them **on the shooting line itself** and permit all shooters to compete from under the shade. I know that this goes against 7.4.4 but is covered by 6.1.1 (unintentionally, I'm sure) and 7.1.2.

So the tents might give protection from the rain as well but for club purposes, isn't it better to keep shooting in comfort rather than pack up and go home? We don't have to use them for a QRE or interclub comp.

So those are my thoughts on the subject and I invite all club members to give the matter their consideration.

Finally:

I would like to wish everybody a wonderful Christmas and a very happy New Year. Look after yourselves over the holidays and have a truly relaxing time.



