



# nTarget

**@ Lough Cuan**

JUNE

Club Newsletter for Lough Cuan Bowmen

Issue **8** | 2015



Parable of the Lost Arrow

The Great Outdoors

The Fashion Conscious Archer

Junior Archers



# On Target

Welcome to On Target, the newsletter for Lough Cuan Bowmen.

As always there has been a lot going on at the club, with field and target shoots, have-a-go events, beginners classes and moving back outside to the rugby club. Hopefully the newsletter will keep you up to date with the activities and events at Lough Cuan in the past few months.



We try and include a variety of information on competitions, results, events and activities at Lough Cuan.

To help you develop as an archer the newsletter will also provide information on archery for beginners and experienced archers alike.

On Target is a members' newsletter and we hope that you will contribute to future issues and if there is something you would like to see in the newsletter, please let the committee know.



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**Picture Perfect** 10



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# Newsround

Thank you to Gary Millar, Steve Benton and Val Sleith for the photos

There is always plenty of activity going on at LCB and it is always great to hear about your achievements and archery related activities. So remember to pass them onto Bill or Michael for the magazine.

Congratulations to the LCB members who participated in the **All Ireland Championships** in Castlewellan. An excellent, challenging course on both days. Sophie Benton won U18 Ladies Barebow with a score of 494 setting a new NI Record for FITA 48 Combined mixed. Conor Hall came second in Gents Freestyle with a score of 656 which is a qualifying score for the Archery GB Field Squad. Raymond Brown Mathews won U18 Freestyle A fantastic shoot, great targets with plenty of challenge. I also managed to shoot a bug innocently minding its own business on a tree, hopefully not an endangered species. Steve Benton



Conor Hall receiving his medal



One might say we are very family orientated at LCB. Steve, Niki and Sophie enjoying the shoot

Congratulations to: Paul Meadowcroft, Conor Hall, Matthew Hall and Thomas McCartney who took part in the All Ireland Series at Athboy. By all accounts there were some very good performances and scores



There has been a suggestion that Arthur's shooting had gone to pot.

The **NIAS field championships** proved to be successful as ever for LCB and in particular for our junior members. There was a win and a new NIAS record for Sophie, a win for Raymond and Thomas and a third place for Conor. Our juniors certainly deserved their success as they are very committed to their archery and put a lot of time and effort into competitions. Looks like the seniors are going to have to up their game. It was a very enjoyable shoot for the other members who took part and shot very well. It was great to see Megan developing her skills out in the field. And not to be overlooked congratulations to Michael who had to set his bow aside and played an important role in organising the championship shoot.



Megan shooting at the NIAS Field Championships



Raymond on good form at the NIAS Field Championships



## Always plenty ready to 'Have a Go'

We have held a number of have a go events in the past few months with a number of scout troops and a couple of sessions with Thriving Life church. These are a great opportunity to introduce people (and possibly prospective club members) to archery. As always a sincere thank you to all those members who regularly give up their time to come along and help out. There will be more have a go sessions coming up over the summer, so if you haven't helped out, do come along, you do not need to be an expert, just willing to show people the basics of how to shoot a bow.

## NEWSround



Scouts enjoying their Have-a-Go session at Ards Rugby Club.

## Who Shot Columcille?

The last shoot of the season at Ballywalter was our Columcille shoot. Always a relaxed and enjoyable shoot. The set up was 12 FITA unmarked and 12 Big Game, with archers having the choice to shoot all FITA or Big Game or a combination of both. The course had been well planned with a few deceptive targets along the way.

It provided a great opportunity for beginners or archers on a first shoot to acquaint themselves with a field shoot without the pressure of official competition. And even for more seasoned archer it was a good opportunity to review sight marks and try a few things out.

As this was the last shoot of the season, the course had to be cleared and everything stored away. Thank you to all the club members and to Glenn Thompson and Alan Craig who stayed behind to help bring the bosses in and make sure everything was sorted and organised into the store. The help is really appreciated and the more helpers the better.

Arthur as ever was keeping the longbow to the fore at the St George's Day shoot at Ballyclare. By all accounts it was a challenging shoot and a great day of comradeship and display of long bow archery.



Raymond and Sophie lend a hand with the tidy up.



Andy exchanging his rule book for a bow.

## Starting out

A beginners class is now running on a Thursday evening at the rugby club alongside our normal club night. It started on 4th June and will run for 6 weeks. This is another important dimension to the club and a source of potential members. So do give Michael and Arthur a bit of encouragement or even a hand setting up.



# The Comic Strip Presents



## The parable of the lost arrow

And it came to pass that an archer did over shoot the boss.



Broken hearted was the archer. But they need not have despaired, for they had many friends.



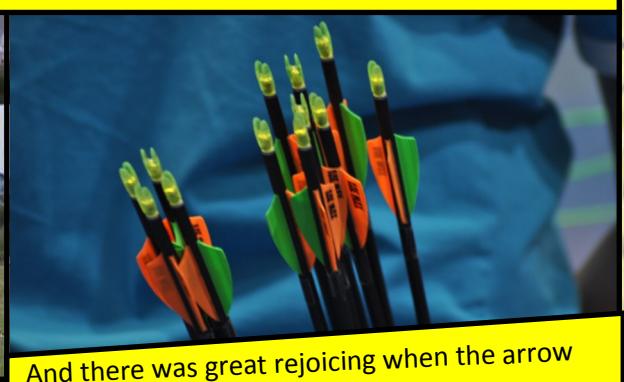
And search they did, far and wide.



But the arrow was truly lost and so the wise Sage John did speak, "we must do the archer's shuffle."



So the company of archers stood side by side and they did shuffle and shuffle and shuffle.



And there was great rejoicing when the arrow was found and the archers quiver was full again. And the moral of the story is, **seek and ye shall find.**

## Ron Bell Memorial Shoot

The Ron Bell Memorial shoot again proved to be one of our most popular shoots, with archers from across the province attending. Gary and his team did an excellent job in setting up a challenging and enjoyable course, with targets to test all abilities. A sincere thank you to club members who helped with the initial setup and remained behind on the Sunday to help clear the course.

The weather in its self provided a challenge to archers particularly on the Sunday with a few early morning showers!! But this did not deter the field and the day brightened and archers enjoyed 2 days of excellent shooting.



Archers for all seasons. Billy and Claire ready to take on the elements.



And the results are in ....



Noel finding out just how demanding the role of a judge is



A well earned break for club members



How to photo bomb an archery shoot

The flight of the arrow  
is as true as the skill and the nerve of the man  
with the bow.

## Field of Dreams

Ards Rugby Club—Thursday Evenings  
7.00pm to sunset and a bit beyond

With the onset of spring and summer just around the corner (well round the corner some might say) the club moved outside to Ards Rugby Club.

Club night is now on a Thursday evening with shooting starting at 7.00pm. It would be very helpful if club members could arrive early from time to time to help set the distance markers out.

Thursday evenings are a great opportunity practice at the longer distances not available indoors.

Our routine for shooting outdoors is different from indoors. See opposite on page 9 for more details.

On arrival sign in and pay your fee. Unlike indoors there is no single shooting line. Archers can take a boss from the lock-up and place it along the target line (the goal line on the rugby pitch) You choose the target face you wish to shoot and the distance you want to shoot it at.



As indoors, the coaches are available for advice and guidance. So come along and enjoy the shooting and the craic. And you will notice that the sun always shines on a Thursday evening.

It's always great to see as many people as possible out on a Thursday evening and a good opportunity to shoot along side different archers





# club nights



There are a few different routines for shooting outdoors on a club night. Here are a few guidelines to keep you safe and enjoy your shooting.



Collect a boss from the lock up and take it onto the field and peg it out.



When taking a boss onto the field be aware of archers already shooting and make sure you walk behind them. Always check to see the 'detail' shooting at the furthest distance.



Each boss will have its own shooting detail and will be responsible for going to the shooting line and ensuring it is 'clear' to collect arrows.



If an arrow goes behind the boss they will need to be retrieved and all arrows should be accounted for at the end of the evening.

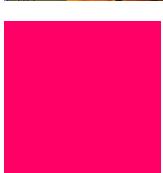


If you are the last person shooting at a boss you are responsible for returning it to the lock up.



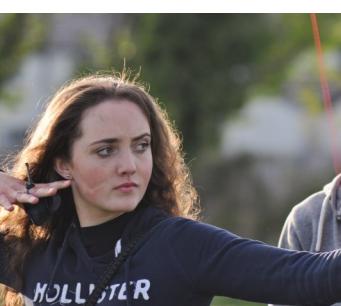
Remember archers may still be shooting, so bring the boss back down the range and leave the field behind the furthest shooting 'detail.'





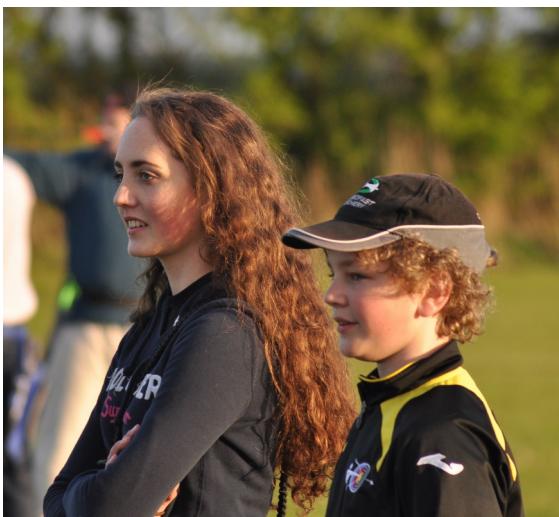
**FUN**

**FOCUS**





# FRIENDSHIPS



Unfortunately some archers did not have their name on their arrows and had to stand on the naughty line.



# Have A Go

Thriving Life Church have a go with Lough Cuan Bowmen

Archery is proving an ever increasing sport with participation numbers rising in NI and on the mainland. An important way of promoting archery is through our 'Have a Go' events. They are not only a good way of popularising the sport but help with the running costs of the club. Thriving Life Church are always very keen to have go and have had a number of sessions with us. In the past we have gone up to the church, but this time round we set up a small course at the rugby club. As with many of the Thriving Life church events it was well attended by their men's group.

As all ways there is a great sense of fun and friendship along with a good deal of banter. This said, there is





Bring me my bow of burning gold. Bring me my arrows of desire.

## Thriving Life Church



always some serious 'shooting' on the night. The course consisted of a range of targets, FITA, animal and 3D set at various distances. The group enjoyed the challenge and even a 30 metre animal face did not deter them.

The group allocated themselves to teams and gave themselves appropriate names. There was some attempt to conscript Sophie, Conor and Matthew onto a team.

Each team was accompanied by a Lough Cuan archer who shared their expertise, experience and ensured all the scoring was fair!

Off course an important part of the evening was the announcement of the winning team. A big thank you to Michael, Noel, Bill, Gary, Steve, Niki, Sophie, Conor, Matthew, Helen and John for helping at the have a go. It was a great evening and the gentlemen of the Thriving Life Church enjoyed not only the

shooting that they did but the information provided by the archers and the displays of shooting provided by Sophie, Conor and Matthew. The men had such a great time that they are already talking about doing this again in August.

If you weren't able to help out this time, there will always be opportunities in the future.

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It was a busy week for LCB as the club hosted another have a Go at Thriving Life Church Family Fun day on Saturday 30th May. The archery proved to be very popular and Steve, Robert, Sophie, Niki Michael had an extremely busy day.



# A dedicated follower of fashion

## What might the fashion conscious archer be wearing this season?

If you are of a certain age you may well remember that your choice of an outdoor coat to keep dry and warm was usually an anorak or a duffle coat and the most significant innovation in outdoor clothing was the introduction of a Peter Storm jacket (other brands are available). Now days when going to buy outdoor clothing you're not sure whether you need, Goretex, isotex, microfiber, ripstop, neoprene membrane or Teflon.

Shooting outdoors in Northern Ireland can be a challenge, with 4 seasons often present in one day. The weather may be mild when you assemble for a shoot (or the reverse), but as the day progresses the temperature may stay constant or it may go up or down, it may be bright and sunny in the morning but with showers in the afternoon. So deciding what to wear can be a difficult decision and many an archer's car boot can be like a mini outlet store.

Many outdoor activities now use a 'layering system.' This has been made possible by the advance in clothing technology. Essentially it consists of wearing a number of thin layers of breathable clothing which are responsive to different conditions enabling you to keep warm, dry and comfortable through varying shooting conditions. Layering allows you to add or remove layers depending on how you feel and what the conditions are. These items are generally lightweight and packable, and should fit inside your rucksack easily, particularly useful for a field shoot.

In the past when the temperature dropped, most people would put on the thickest clothing possible to keep warm. Nowadays, most mountain climbers, runners, hill walkers and archers can benefit from a layered clothing system.

At its simplest level, a layering system will consist of three layers:

### 1. Baselayer - How does this help.

This is worn next to the skin and creates a thin layer of warm air against the body by wicking moisture/sweat from the skin to regulate body temperature. Avoid using cotton as a baselayer. Cotton soaks up sweat and stays wet, drawing the heat away from your body, leaving you feeling cold.



Here we have a selection of LCBs finest gentlemen archers sporting a variety of archery apparel.

### 2. Mid Layer - How does this help.

The mid layer is worn over the base layer and is used to keep in the heat your body generates. Depending on the weather this can be a fleece, a softshell or in very cold and wet situations an insulated jacket.

### 3. Outer Layer - How does this help.

This layer allows sweat vapour to pass through and away from the body completely and protects you against the wind and rain. This is usually a lightweight, packable and breathable waterproof jacket.

Now days there is a great range of specialist/technical outdoor clothing available on the high street, outlet centres and the internet. The key thing is to make sure you are comfortable and warm.

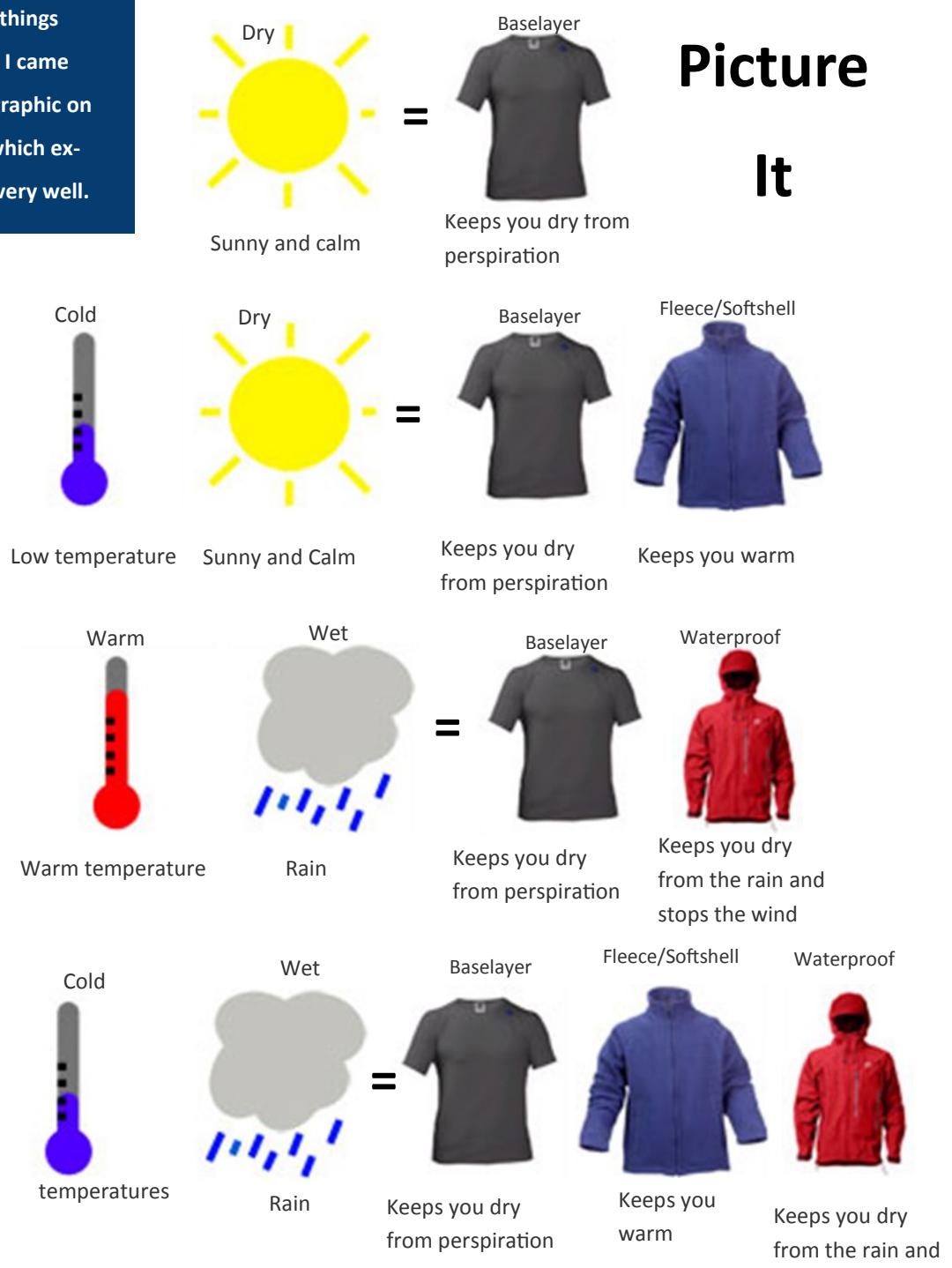


I often tend to understand things more if I can see it visually. I came across this very good info graphic on the Go Outdoors website which explains the layering system very well.

Thank you to Go Outdoors, [www.gooutdoors.co.uk](http://www.gooutdoors.co.uk) for granting permission for the use of their graphic.



Blustery and gales— reducing temperatures



## It's All About the Base

The base layer is the foundation of the layering system and is next to the skin. Its purpose is to trap a thin layer of warm air between itself and the body, while also 'wicking' (pulling) sweat away from the skin. It should fit closely and allow you to move freely without chafing your skin.

The 2 most common types of fabric used for a base layer are Merino wool, or synthetic fabrics. Merino wool is a natural fabric that is comfortable and odour resistant, but is less effective at wicking sweat. Merino is great when it is very cold. On the other hand synthetic fabrics are lightweight, dry very quickly and have good wicking qualities. Generally they tend to cost less than a merino layer.

A baselayer does not prevent you sweating. Sweating is a natural and important bodily response created during activity and is released in order to keep you cool. What a baselayer does is to use anti microbial properties on the surface, such as silver ion technology to break down the bacteria to not prevent sweating, but to prevent the smells that can form on a baselayer.

# Junior Archers

Can you find the important archery words hidden in the word square. If you are not sure what a word is, ask a coach or a member of the club to explain it

Bow	Fletch	Nock	String
Quiver	Tab	Vane	Limb
Riser	Boss	Sight	Weight
Chest guard			

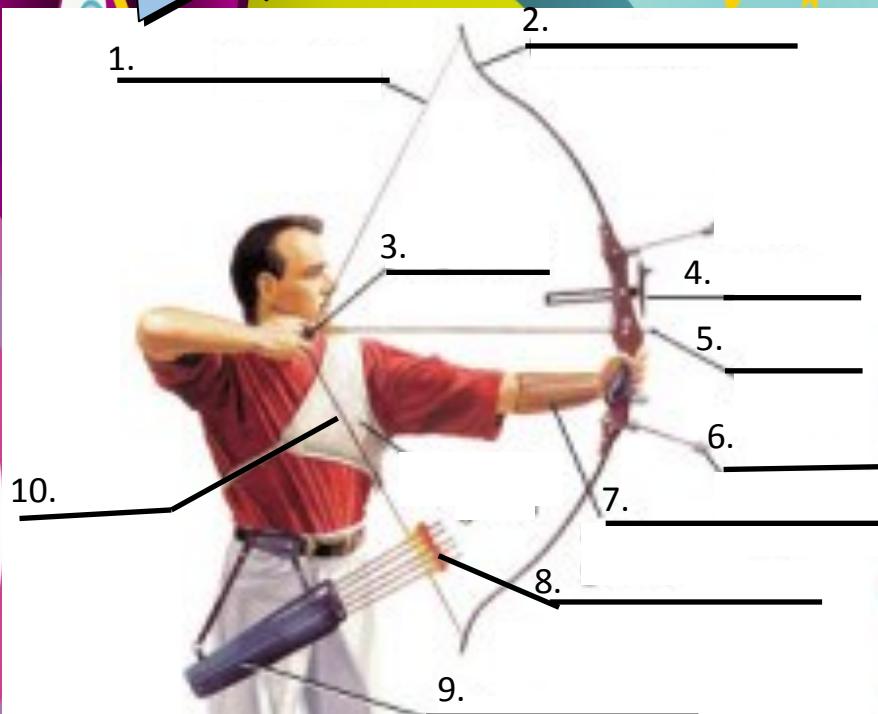
B	O	W	G	H	K	S	N	O	Q
W	N	B	F	L	E	T	C	H	U
E	O	R	L	I	M	R	A	R	I
I	C	S	I	S	L	I	M	B	V
G	K	R	T	I	N	N	E	O	E
H	U	I	C	G	O	G	Y	T	R
T	A	S	B	H	C	I	B	A	T
C	H	E	S	T	G	U	A	R	D
V	A	R	Q	U	I	E	N	G	O
H	V	A	N	E	R	S	S	O	B



Where might you find a bunny on an archery course?

## Know Your Bow

As you develop your skills as a junior it is good to get to know the names of the different parts of your archery equipment. See how many parts of the archer's equipment you can name.



### Let your fingers do the walking

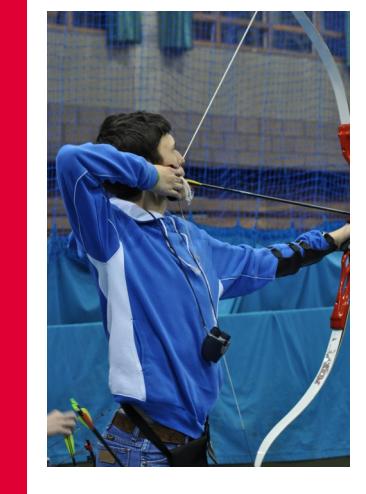
At a club night Noel and Steve gave you some good ideas on shooting your bow, how to stand properly, how to aim. They talked about string walking which is a way of helping you when you shoot at different distances from the target.

### How does it work?

The further away from a target you are the closer your fingers will be to the nocking point on your bow. As you come closer to the target, you move (walk) your fingers further down. This helps you to keep your aim at the centre of the gold.

## Suits You Sir

For new members and existing ones, Lough Cuan has a great range of club kit available. You can choose from a polo shirt, hoody, light weight rain jacket, heavy coat, rugby shirt, baseball cap and beanie. Other items can be purchased and the logo added. Please speak to Michael Ferguson if you want to place an order. Items can be ordered at any time.

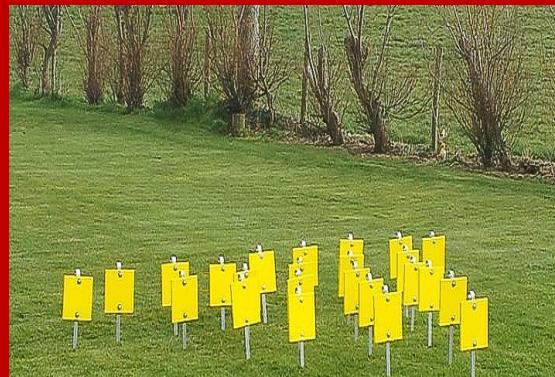
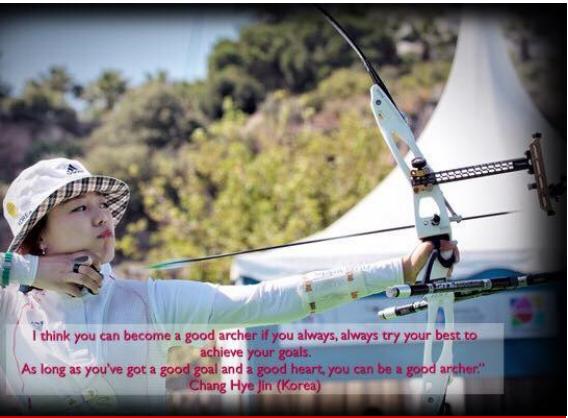


Andrew with a club hoody and Helen with a waterproof jacket

Here's an archery tip from the past I came across on the internet.

Not sure if it is quite within World Archery guide lines. Possibly one of the club judges could enlighten you.

## What a beezer idea!



Looks as if Gary's daffodils didn't turn out as expected

It's hard to beat a person who **NEVER** **GIVES UP**

Babe Ruth



Who remembers going to the cinema and seeing the Pathé News?

For any one interested in the history of archery or is just curious about what archery looked like in the past the British Pathé web site has very good historical film footage and photographs. Just search Archery

Find them @

[www.britishpathe.com/](http://www.britishpathe.com/)

# LOUGH CUAN BOWMEN

## SUMMER SPECIAL

LET YOUR FINGERS DO THE WALKING



GREAT WAY TO SPEND A THURSDAY EVENING



GOOD COMPANY



ALWAYS ON TARGET



LOUGH CUAN BOWMEN.  
THURSDAY EVENINGS ARDS RUGBY CLUB



## Dates for Your Diary

**June 20th and 21st**  
Ballyvally Archers Mid summer shoot  
Whytes Estate Loughbrickland

**June 27th and 28th**  
Irish Game Fair Shane's Castle

**July 4th**  
Lough Cuan Double American  
Ards Rugby Club

**August 9th and 8th**  
City of Belfast. Ulster Open  
Sir Thomas and Lady Dixon Park

That You are Trying

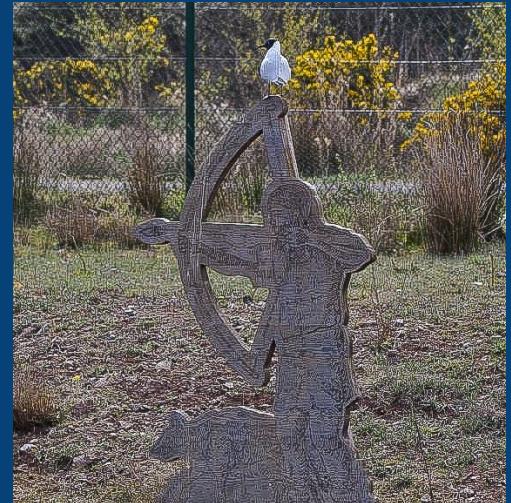


Mistakes are Proof

### Lough Cuan Bowmen



**CLUB NIGHT**  
**EVERY THURSDAY @ 7.00PM**  
**ARDS RUGBY CLUB**



This archer resides around Strangford Lough. But do you know where to go to find him?

# Stay Connected

Keep up to date with news, support and events through our social media links

