



# n Target

@ Lough Cuan

July

Club Newsletter for Lough Cuan Bowmen

Issue | **13** | 2017

Archery Super Fan

Conor Flying the Flag

What About Target Archery?

The Double American

A Good Year for Field Archery





# n Target

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

There has been a bit of a gap since our last newsletter. However, during the period there has been a lot of activity around the club.

The club continues to grow with new members joining throughout the year and it is encouraging to see how members get along side and welcome them.

We have had our regular shoots and it has been very encouraging to see many of our new members taking part and venturing out into the field.

The club committee would like to thank the members who regularly give of their time to help set out the targets for the club nights and the shoots and also who come along to promote the club and archery through the Have-a-go sessions. It was very encouraging to see a number of new members becoming involved.

As always we hope you enjoy the newsletter and remember it 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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**07**



**10**



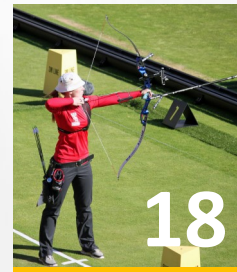
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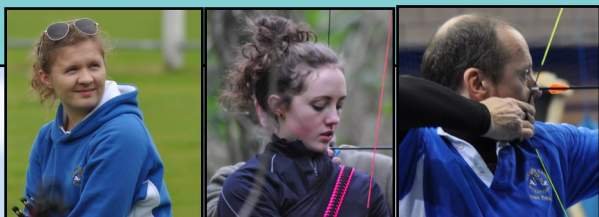
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# NEWSround

If there's something happening, let us know.

## Coaches in the making

We are fortunate at LCB to have an excellent coaching staff, willing to help with our development, however, it is always good to see new coaches coming through. Alice, Sophie and Steve are starting on their level 1 coaching award. This will be a great benefit to the club and shows there is more to being an archer than just shooting. This will be very good personal development for them and a great asset for the club and we wish them every success. And just an aside, I'm available to experiment on, sorry practice on if any of them want a challenge!



## Achieving Success

It is always great to see our young archers progressing, achieving success and enjoying their archery. Congratulations to Fergus and Oliver on achieving their awards and progressing to the next level



"The principle is **competing against yourself**. It's about **self-improvement**, about being **better than you were the day before**." Steve Young



## European Field Championships

Congratulations to Sophie Benton on her selection to the GB squad again for the European Field Championships in Slovenia. This is a great achievement (her 4th time) and reflects the time and commitment Sophie has given to her archery. We wish her every success and I'm sure everyone will get behind supporting her and we will have more on her progress in the next edition.



## Not only but also ...

As a club we would also like to congratulate Joanne Walker, Stevie Kerr, Mark Nesbitt, Tom Meahaffey and Caiomhe Heaney who have been selected for the GB squad and to Susan Agnew who will be representing Ireland. Many of these archers will be familiar names to you as you will have seen them and possibly shot alongside them at our club shoots. This is a great achievement for them and reflects the talent and skill of the archery community in our 'wee country'



# NEWSround

## Celtic Nations

Congratulations to John, Arthur and Davy who took part in the Celtic Nations Championship which was won by team Ireland with John coming away with a medal. By all accounts the craic and the friendship is just as good as the archery.



## On the Up

Peter Gilmore went along to the BAC shoot at Gilford and was able to bag himself an Arrowhead award, something he has been striving to achieve for a while now. John Kenny swapped the compound for the longbow and won a Clout round, shooting 180 m



## Off on their travels

It is great to see the development and progress of our young archers and our older ones! I'm still learning as well. Ryan and Bethany will be heading off at the end of August to the Lilleshall Youth Festival. This will be a great opportunity for them to develop their skills and meet with other talented archers



## Have a Heart

The club through Sport NI is now in possession of a defibrillator which is a welcome addition to our positive approach to health and safety. We will provide training for club members.

**“**  
To **achieve**  
greatness,  
**START** where  
you are, **USE**  
what you have,  
**DO** what you  
can.

Arthur Ashe

**”**



# The World's Greatest Archery Fan

It has been a very exciting few months for one of our members Andrew Hornsby. Andrew not only enjoys shooting his bow but is now among the 'world's greatest archery fans.'

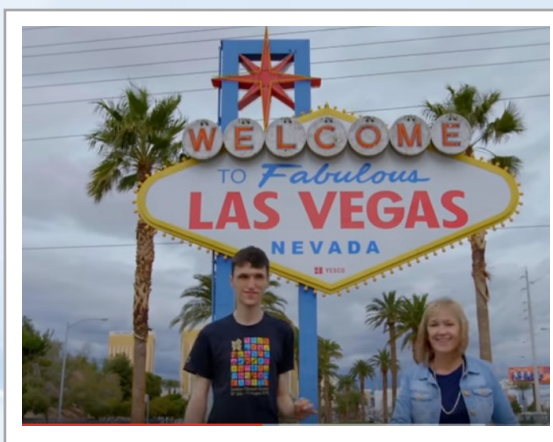
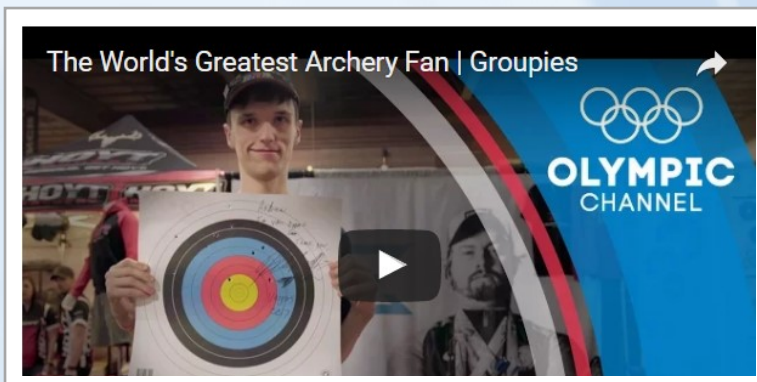
Andrew has travelled widely to support his favourite archers and has travelled to events in Edinburgh, Istanbul, London, Paris, Lausanne, Copenhagen, and Dublin

Alongside his travels he has a great collection of archery memorabilia, photographs, shirts, signed targets, badges etc.

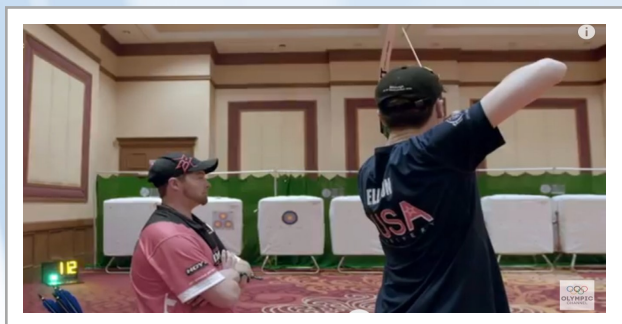
But 2017 will probably be very memorable for Andrew who as we all know is passionate about his archery, as he was

selected as the world's greatest archery fan on the Olympic channel. As a result of this Andrew and his mum got the opportunity to attend the Vegas Shoot this year in Los Vegas. World Archery Federation made the arrangements for Andrew and his mum to travel to Los Vegas and stay in the hotel where the event was happening, and give Andrew the opportunity to watch the event from the VIP area and meet all his favourite archers. As well as watching the event Andrew received his award in front of over 5000 fans in the arena

One of Andrew's favourite archers is Brady Ellison and while at the Vegas shoot Andrew got to meet Brady and shoot along side him. No doubt this was one of Andrews most memorable trips and I am sure there are many more to come. I'll leave the last words to Andrew, "I love archery because it's the best sport in my life."



If you want to catch up with Andrew's video you can catch it here, ctrl an click the link—[World's Greatest Archery Fan](https://www.youtube.com/watch?v=kin6e2Tagss) or YOUTUBE @ <https://www.youtube.com/watch?v=kin6e2Tagss>





# British Field Championships 2017

## An Archer's Tale

The All British Field Championships, which included the 15th Junior All British Field Championships, was held on 27-28 May and was hosted by Pentref Bowmen at the Glyncornel Archery Centre, South Wales. It is a World Record Status event over 24 marked and 24 unmarked targets and shot to World Archery rules.

This year to celebrate the 50th anniversary, there was an additional day's shooting on Monday 29 May with a Finals for All shoot off.

This was an opportunity for a road trip and 3 of our members, Michael Ferguson, John Kenny and Raymond Brown took the opportunity to take part in this prestigious event. But I wasn't there, so let's hear the archer's tale.

A great weekend was had by a number of archers from NI at the 50th All British Field Championships in Pentref in Wales last weekend. I took a trip over to it and was



accompanied by John Kenny and Raymond (where is my ID) Brown (he is not going to live that down, just ask him about it). We had a very early start on Friday morning, leaving Ards at 4.30 am and not reaching the shooting grounds until 5.45 pm.



“Have a wee cup of tea, ah ye will, ye will ye will.”

John seems to have mastered the art of the selfie

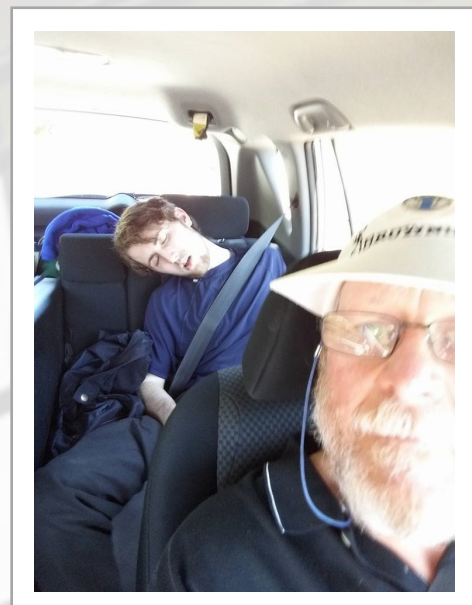




It was scenic drive through Wales but temps of 27 degrees were a bit much when stuck in the car. After a few ends of practice we headed to the hotel for a well deserved rest.

It was an early start on Saturday and Sunday for the shoot as we had to travel 30 mins to Pentref. As the 3 of us use sights on the bows the first day was the unmarked round. This meant the shorter distances but as the whistle blew, the rain started and it did not stop until near the end of the day. Sunday was different though, a marked round but in glorious sunshine. The 2 courses were very challenging and steep but interesting and the archers I shot with both days were great company. John and Raymond said the same about their groups also. John is boasting about shooting on Saturday with an Olympian and I know that she is not saying the same thing about John. The event was well organised and run although I think LCB could do a better job. Once the prize giving was over it was time to head to Holyhead for the 2.20 am ferry. I finally made it home around 8.30 am on Monday and after a quick cup of tea it was off to bed for a well deserved sleep (other members of the party managed to sleep most of the way home but I wont embarrass him by saying who it was,

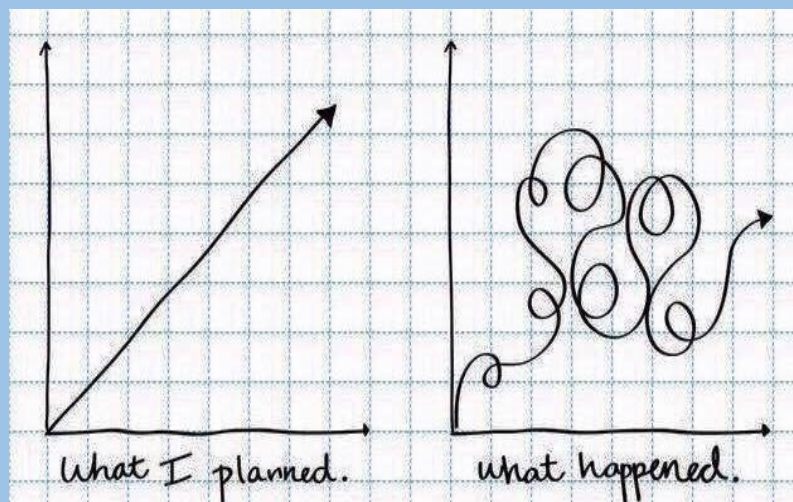
Anyway we did not come away with any medals, not that we expected to, but it was a really enjoyable weekend and all in good company. I would recommend that everyone tries to get along to the ABO across the sea or even to Pentref at least once as they are a different experience.



#### My archery Journey in 2 pictures.

I have only been involved in archery for 4 years and very much a case of can you teach an old dog new tricks. I have to admit it has been challenging, frustrating, annoying, stimulating, exciting, funny, enjoyable, sore (I tend to fall at field shoots), unexpected, but one of the best experiences I have had. The learning curve has been quite steep but great fun. Things often didn't go as planned and this little visual sums it up. :-)

BL





# Top Honours for Conor and the Northern Ireland Team



Another senior euro nations completed and I have to say this has been the best one yet! 1st individually in the commonwealth cup for men's recurve, 1st in the recurve men's team and 1st in overall recurve team!

Saturday was the Euro nations and Commonwealth cup and in challenging conditions I managed to shoot strong shots to come 1st against some of the most talented archers in the UK! Winning individually is always a bonus but what I came this weekend for was the team competition and Northern Ireland actually having a full recurve team showed the talent our wee country has! Alongside Patrick Huston and Tom Hall I managed to win the recurve men competition which was a good way to start the weekend but what counts is when your shooting alongside your teammates in the mixed team and I couldn't have asked for a better teammate than Northern Ireland's interim team manager Rebekah Tipping! we literally wouldn't have had a team without her taking it upon herself to organise this fantastic event and I wouldn't have wanted to shoot alongside anyone else!

That being said it was a team competition and we couldn't have won it without the other two mixed teams of Tom Hall/Emma Davis and Patrick Huston/Caitlin McCarthy that collectively out of 12 matches won 10 and only drawing 2.

It is great to see the development of our archers at Lough Cuan. In the past few years we have seen Conor grow and develop from an accomplished junior archer to a dare I say a 'mature senior' archer after all he is just 21. Particularly in the past year he has been performing very well and developing a strong physical and mental skills set. Recently Conor was representing Northern Ireland at the Commonwealth and Senior Euro nations and enjoyed individual and team success. But rather than me try and describe the experience, I'll leave it up to Conor.



Thanks to everyone who made this event possible and I can't wait to do it all again next year and hopefully we'll be able to bring along some of the fantastic compound talent in Northern Ireland to Win the overall competition as well

Conor Hall

European & Commonwealth Championships, Inc EAF Series, Day 1									
RN South Coast Archers (RNSCA01)									
Polo Field HMS Sultan, 01-07-2017									
After 72 Arrows									
Recurve - Men									
Pos.	Athlete	Cat.	Country	70m-1	70m-2	Total	10-X	X	
1	HALL Conor	NI	Northern Ireland	314/ 4	326/ 1	640	2/6	10	
2	JUDD Michael	ENG	England	314/ 5	319/ 2	633	1/6	5	
3	HALL Tom	NI	Northern Ireland	319/ 1	307/ 6	626	1/5	7	
4	HUSTON Patrick	NI	Northern Ireland	306/ 9	317/ 3	623	1/5	4	
5	TIMMINS David	ENG	England	316/ 2	306/ 7	622	1/7	4	
6	GENNES Colin	ENG	England	309/ 7	309/ 5	618	1/6	7	
7	BARRY Stuart	SCO	Scotland	303/10	310/ 4	613	1/3	4	
8	EMENEY Sonnie	NOM	Nomads	312/ 6	297/ 9	609	1/8	7	
9	JAMESON Gilbert	SCO	Scotland	315/ 3	293/10	608	1/8	5	
10	FLEMING Gareth	SCO	Scotland	296/11	304/ 8	600	1/4	1	
11	BELL Owen	WAL	Wales	308/ 8	290/13	598	1/4	3	
12	PHILLIPS David	WAL	Wales	290/12	287/13	579	5	2	
13	DYKE Jonathan	NOM	Nomads	289/13	286/12	575	10	3	
14	HODGKINSON Alec	NOM	Nomads	276/14	287/14	563	5	2	
15	DORRY Ashley	NOM	Nomads	236/15	257/15	493	5	0	
After 72 Arrows									
Recurve - Women									
Pos.	Athlete	Cat.	Country	70m-1	70m-2	Total	10-X	X	



# Hitting the Right Note — Arrow Tuning

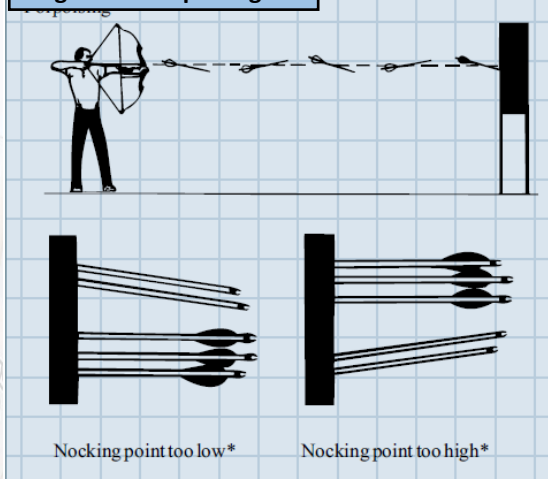
As you progress in archery you will start to make adjustments to your bow to achieve greater consistency. Arrow flight has an important impact on where your arrows hit on the target and your groupings. They may **PORPOISE** in flight or they may **FISHTAIL** in flight. You can make adjustments for these with **BARE-SHAFT** tuning. It is important to make sure you have set your bow up correctly before moving to bare-shaft tuning.



Diagrams Easton Arrow Tuning Guide 2nd Edition

The **first step** is to test for **Porpoising**. If the arrow leaves the bowstring with the nock too high or too low, a motion known as Porpoising occurs. Porpoising is caused by the nocking point being too high or too low. Shoot three identically fletched arrows at a distance of 15 to 20 yards (or meters). Then shoot two identically aimed unfletched arrows. If the unfletched arrows hit above the identically aimed fletched arrows, move the nocking point up on the bowstring until both fletched and unfletched arrows strike at the same level. See Dia.1. If the unfletched arrows hit below the identically aimed fletched shafts, move the nocking point down on the bowstring until the unfletched arrows hit at the same level or slightly lower than the fletched shafts. To assure you have eliminated Porpoising, repeat the test, shooting first the fletched, then the unfletched shafts, and make adjustments to the nocking point until both fletched and unfletched shafts hit at the same level.

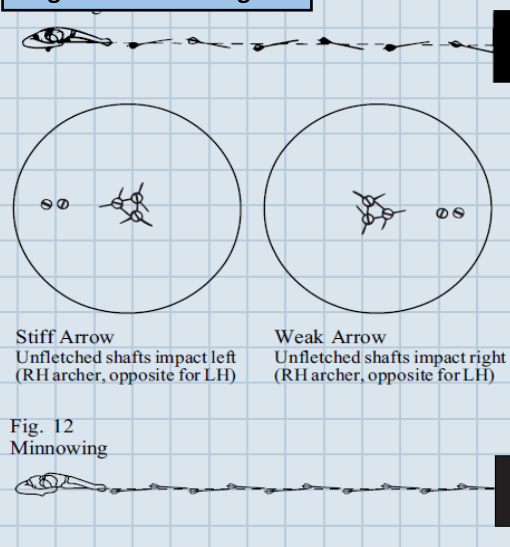
Diagram 1: Porpoising



The **next step** in bare shaft tuning is to check for **fish tailing** which means the nock end of the arrow will appear to move from side to side in flight. See Fig. 11. Shoot three fletched arrows at a distance of 15 to 20 yards (meters), then shoot two identically-aimed, unfletched arrows. If the unfletched shafts hit to the left of the identically aimed, fletched shafts, your arrow reaction is too stiff as seen in Fig. 11 (for a righthanded archer), If the unfletched arrows hit to the right of the identically-aimed, fletched shafts, as seen in Fig. 11 your arrow reaction is too weak (for a right-handed archer), Your equipment is basically tuned when the bare shafts and fletched shafts impact at the same or very near the same location. It is common on a well-tuned bow to have the bare shaft impact a little low and to the left of the fletched arrows for a right-handed archer). If, after completing the adjustments, the bare shaft impact is more than 4-6 inches (10-15 cm, some guides say 4", others suggest 6") to the right (weak) or left (stiff) of the fletched shafts you may need to revisit your arrow spine.

Arrow Tuning Adjustments
Arrow Reaction too stiff
<ul style="list-style-type: none"> <li>Decrease the spring tension on cushion plunger</li> <li>Slightly increase the draw weight of your bow</li> <li>Increase arrow point weight</li> <li>Use a lighter bow string</li> <li>Increase brace height</li> </ul>
Arrow Reaction too weak
<ul style="list-style-type: none"> <li>Increase the spring tension on cushion plunger</li> <li>Slightly decrease the draw weight of your bow</li> <li>Decrease arrow point weight</li> <li>Decrease brace height</li> </ul>

Diagram 2: Fishtailing





## Everything in Line

In the fifth of our coaching articles, club coach Arthur Halligey brings to our attention the importance of the lines of archery



## The Lines of Archery

Line of Sight—Once set cannot be moved

Plumb Line—  
Archers need  
to stand straight

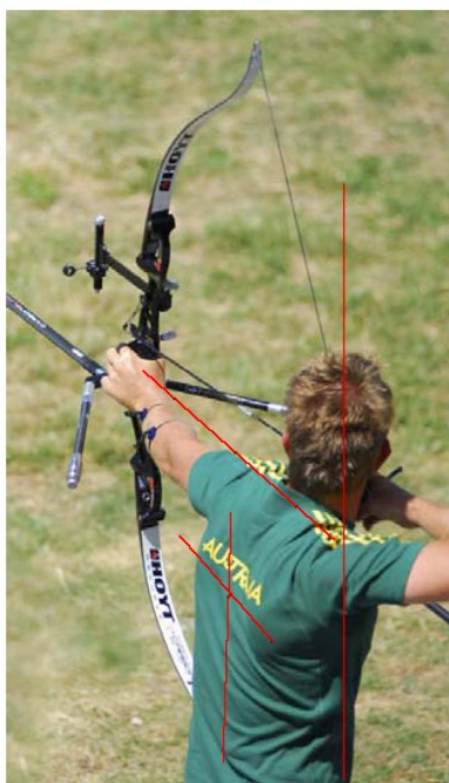
Primary Force Line—  
Elbow can be higher  
but not lower

Arrow Line—Must  
be in plane with  
target center

Hip Line—Should  
either line up with  
heels and shoulders  
or be mid-way

Heel Line—  
Can be used  
instead of toe line

Toe Line—  
Can be misleading  
if feet flared



Plumb Line—Archers  
head must be straight  
up and down

Shoulder Line—  
Parallel to Arrow Line  
for Compound, points to  
Center of Pressure on  
Grip for Recurve

Scapula Line

Spine Line—  
Should be flat  
and plumb

While this shows Olympic style Recurves the alignments referred to are advised for consideration in all styles as it gives stability to the shot while making use of the 'shooting' muscles. Compound archers often adopt a more open stance - i.e. the shoulder line may be parallel to the Draw Force (Arrow) line depending on the set draw length of the bow.

The 'Hip Line' (left hand image) may vary between that shown (engaging the core muscles) to aligning with the shoulders which some may find results in helping to engage the muscles acting on the scapula. The flared 'Toe Line' refers to the rear toe being angled back and away from the front.

The Lines are suggested in order to achieve greater consistency in the shot leading to greater consistency in the score.

So - practice often but practice smart and don't be afraid to ask a Coach.



Every accomplishment starts with the decision to try

# 'Oh say can you see ..

'Oh say can you see .....

## The Lough Cuan Double American

The one target shoot which we 'officially' have in our calendar is our Double American. Keeping with the Fourth of July theme, fairly close anyway, the gazebo was suitably adorned with the star spangled banner, though no rendition of the star spangled banner before shooting commenced.

Though we did hear a slight rendition from a members phone, but as Michael wanted to remain anonymous, we'll not mention him. The American round is a traditional GNAS round with Imperial scoring with 30 arrows shot at each distance of 40, 50 and 60 yards. Shot as a Double this meant that the archer choosing completing both rounds would shoot 180 arrows plus sighters. Not only a test of skill but also stamina and concentration. For quite a few members including myself this was their first go at an outdoor target shoot and required a different skill set from the traditional field shoot. There was some excellent shooting on the day with quite a few 6 gold arrow ends and there was a rumour Michael my even have got one! Everyone enjoyed the day and there was a good sense of competition and fun.



▲ A little bit of facetime!



▲ This archery lark looks exhausting



▲ Step up to the mark.



# Double American



Though there was talk of having to put a speed limit for the mobility scooters! An added bonus was birthday cake courtesy of Andy, though in reality probably Barbara and was very much appreciated by all. Thanks to the members who helped set up the field and to Linda who did a great job as judge for the day. Though I think she may have been slightly disappointed at not having to correct my score card. Don't worry Linda there are lots of shoots to come. Finally, congratulations all the medal winners.



Always great to see fellow archers from other clubs enjoying the day





Every accomplishment starts with the decision to try

# 'Oh say can you see ..

**Congratulations** to Andy on his **80th birthday** and where better for an archer to celebrate than on the archery field. ▶

There was no shortage of takers to help Andy eat his cake. ▶



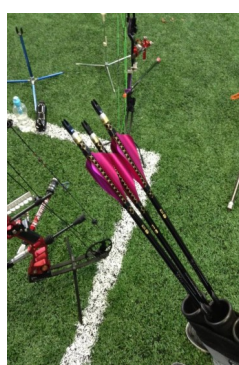


# Double American



Great to see our medal winners.

A little bit of fine tuning.



Spot the family resemblance!



There's always that one arrow. In this case these two were definitely not playing the game.





# 'Oh say can you see ..

There were quite a few 6 arrow gold ends on the day. Here is a member who was particularly pleased with their efforts. I wonder who it was? Turn to page 31 if you're not sure. ▼



In the News . It was interesting to see an article on archery in the 'Times' on Saturday 15 July. It talked about archery being a sport for the new millennials, not sure if I'm one or not! But it was good to see archery getting national coverage and how it was appealing to a younger generation. It referenced the rise in popularity due to film industry, Game of Thrones, Hunger Games and different aspects being developed such as paintball archery and variations on 'have-a-go' events. Interestingly it was described as, "The thing about archery is that it's a wonderfully sexy sport. So if you want to see what 'wonderfully sexy archers look like **turn to page 27.**"

Ards and  
North Down  
Borough Council



As part of the North Down and Ards Cultural Heritage Festival a new mural is nearing completion in Newtownards to celebrate the community involvement of Lough Cuan Bowmen. The official unveiling of the mural will take place on the 1st September. Guest of honour will be the prominent archer Dr Joe King. B.ed. F.I.T.A

*Celebrating the Best in Our Community*





# Archery NI and Open Indoor Championships 2017

The inaugural Archery NI indoor championships took place on the weekend of the 1 April. This was the inaugural indoor championships for the newly formed Archery NI body which oversees archery in Northern Ireland in association with their parent body, Archery GB. The championships consisted of a UK Record Status 18m qualification shoot and a knockout head-to-head for senior archers. Junior archers shot a UK Record Status Portsmouth round at 20yds. Various types of archery styles were present at the competition including:- Recurve, Compound, Barebow, Longbow, Traditional and American Flatbow.

We had 3 Senior and 5 Junior archers competing and they managed to bring home 4 gold and 1 bronze medals between them. This may not seem like much but you need to consider that this was the first major indoor championship shoot for 3 of the gold medal winners. The medal winners were:

- Conor Hall, Gold, Senior Gents Recurve
- Sophie Benton, Bronze, Senior Ladies Barebow
- Alice McKay, Gold, U 18 Ladies Compound
- Bethany Evans, Gold, U 18 Ladies Barebow
- Ryan Leathem, Gold, U 12 Gents Recurve.

I must also mention the excellent performances from Megan Simpson, U16 ladies Recurve, Raymond Brown, Senior Gents Recurve and John Kane, U12 Gents Recurve.

As a coach I am very proud of what all these archers did last weekend and especially as I have coached a number of them but I am not taking any credit for these medals as it was purely down to them on the day. They entered the event, trained for it, overcame nerves on the morning and shot brilliantly. Well done to you all. (MF)

***We are starting to develop a talented group of young archers***



***All our members acquitted themselves well and put in strong performances***





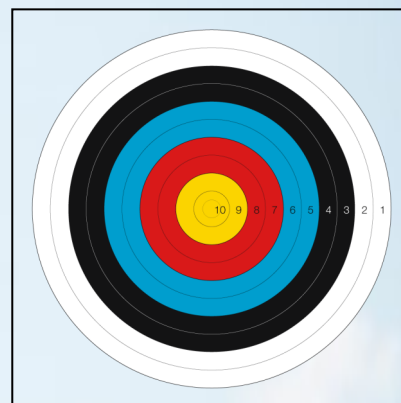
# Target Archery

Reference: World Archery.

<https://worldarchery.org/Target-Archery>

Probably the most recognisable form of archery is target archery with the gold, red, blue, black and white target face, sometimes referred to as imperial colours. Target archery can be shot both outdoors and indoors and over distances of up to 90 metres, using the traditional five-colour, 10-ring target. With international target archery there are two recognised bow styles: recurve and compound. Recurve target archery is the only format currently included in the Olympic games.

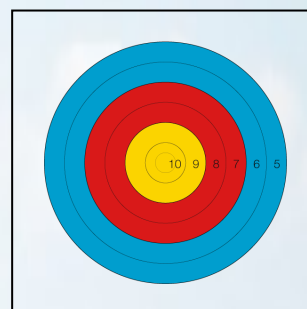
Standard WA targets are marked with 10 evenly spaced concentric rings, which generally have score values from 1 through 10 assigned to them, except in outdoor Imperial rounds under AGB rules, where they have score values 1, 3, 5, 7 and 9.



## OUTDOOR TARGET ARCHERY

Recurve archers will shoot at targets set at 70 metres and compound archers shoot at targets at 50 metres. Both bow styles shoot at the traditional yellow, red, blue, black and white target that scores 10 for the inner ring and one for the outer ring. The recurve target is 122cm in diameter with a 10 ring 12.2cm in diameter.

The compound target is 80cm in diameter with a 10 ring 8cm in diameter. In international competition, compound targets only include the yellow, red and blue rings. This is to reduce the size of target mat needed for each target face, in order that each athlete has their own target to shoot at.

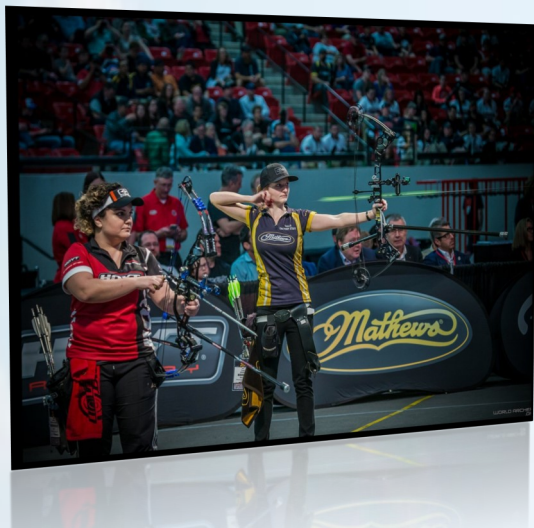
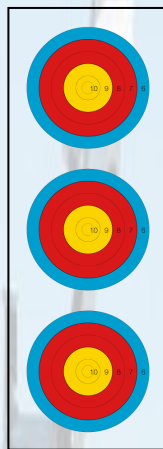




## **INDOOR TARGET ARCHERY**

Indoors recurve and compound archers shoot at targets set 18 metres away. Archers of both bow styles will shoot at the traditional yellow, red, blue, black and white target that scores 10 for the inner ring and one for the outdoor ring. There is a smaller 10 ring, measuring 2cm in diameter, for compound athletes as opposed to the 4cm diameter recurve 10 ring.

In international competition, targets only include the yellow, red and blue rings and are often referred to as a triple face. Archers shoot a maximum of one arrow at each target face.



## **COMPETITION FORMATS**

There are a variety of formats for Outdoor and indoor target archery and includes individual, team and mixed team competitions. World Archery also recognises a number of competition rounds not or no longer used at international events.



## **INDIVIDUAL COMPETITION FORMAT**

Athletes shoot a qualification or ranking round to ascertain seedings in their division: bow style and gender. The ranking round consists of 72 arrows outdoors or 60 arrows indoors, cumulatively scored. The athlete in each division who finishes with the most points is given the top seed, the athletes with the least the lowest seed.

Athletes then advance to eliminations and finals of head-to-head matches shot in brackets. In indoor competition, only the top 32 seeded athletes advance. In outdoor competition, the top 104 seeded athletes advance, while the top eight seeded athletes are given an automatic bye into the third round.



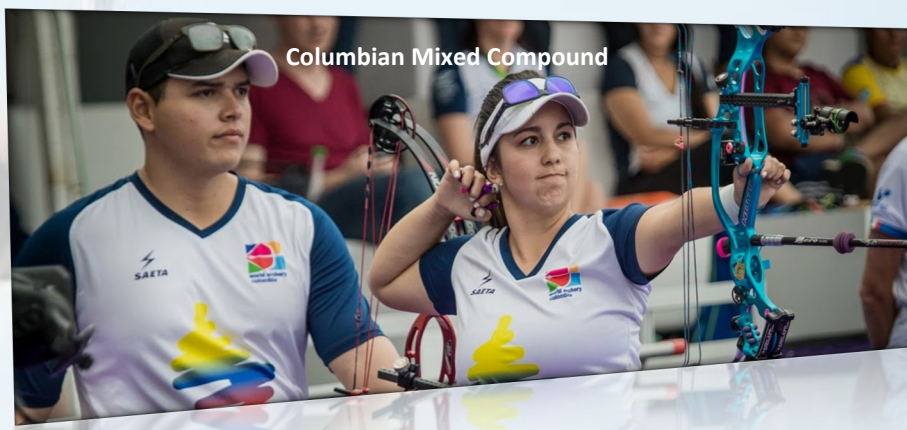
Recurve matches are decided using the set system. Athletes receive two set points for winning each set of three arrows. If both athletes score the same in a three-arrow set, they both receive one set point. The first athlete to reach six set points wins the match.

Compound matches are decided using cumulative scoring. Athletes shoot 15 arrows in five ends of three arrows. The athlete with the highest 15-arrow score wins the match.

If a recurve match is tied on five set points or a compound match is tied on cumulative score then the match is decided in a single-arrow shoot-off. Each athlete shoots one arrow and the arrow that lands closest to the middle wins the match. If no winner can be decided, the process is repeated until a winner is found.

The elimination brackets advance until there are four athletes remaining to shoot the semi-finals. The losers of the two semi-finals compete in a bronze medal match while the winners of the two semi-finals compete in the gold medal match to decide who wins the tournament.

#### TEAM AND MIXED TEAM COMPETITION FORMAT



As well as the individual competition, international events can also include team and mixed team competitions. (Mixed team competition is currently included in outdoor archery only.)



Teams comprise three athletes of the same division. It is usually the top scoring three athletes in qualification, however team managers may choose to substitute athletes.

Mixed teams comprise two athletes of the same bow style, one of each gender. It is usually the highest scoring athlete of each gender in qualification, however team managers may choose to substitute athletes.



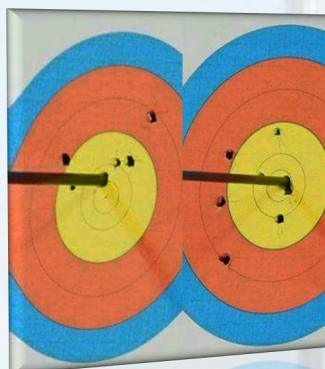
Teams and mixed teams are seeded for their elimination matches using the total of the individual ranking round scores of their athletes.

Recurve team and mixed team matches are decided using the set system. Teams receive two set points for winning each set of six arrows (two each); mixed teams receive two set points for winning each set of four arrows (two each). If both teams or mixed teams score the same in a six- or four-arrow set, they both receive one set point. The first team or mixed team to reach five set points wins the match.

Compound team and mixed team matches are decided using cumulative scoring. Teams shoot 24 arrows in four ends of six arrows; the team with the highest 24-arrow total wins the match. Mixed teams shoot 16 arrows in four ends of four arrows; the mixed team with the highest 16-arrow total wins the match.

If a recurve team or mixed team match is tied on four set points or a compound match is tied on cumulative score then the match is decided in a shoot-off. Each athlete in the team or mixed team shoots one arrow. The team with the arrow that lands closest to the centre wins the match.

If no winner can be decided with each team's arrow that is closest to the centre, then the second closest arrows are decided, then the third. If no winner can be decided, the process is repeated until a winner is found.



## OTHER COMPETITION FORMATS

While there is a standard format generally shot at international competitions, there are a wide range of competition rounds shot throughout the world.

*Below are some of the indoor competition formats, GNAS and FITA (WA) some of which you will be familiar with.*

Dozen at each distance									
Distance	18m	18m	25m	30m	20y	20y	25y	20y	
Face Size	40cm	40cm special	60cm	80cm	60cm	40cm	60cm	16in special	Additional Rules
<b>GNAS Rounds</b>									
Bray I						2.5			Full size face only
Bray II							2.5		Full size face only
Stafford				6					Full size face only
Portsmouth					5				Full face or 6 zone face
Worcester								5	5 arrows per end. 1 end of sighters
Vegas		5							2 ends of sighters. One arrow at each target
<b>FITA Rounds</b>									
FITA 18	5								Full size or triple face
FITA 25			5						Full size or triple face
Combined FITA	5		5						Full size or triple face
Match Round 1	1								Triple face only



"The expert in anything was once a beginner"

# Valentine Shoot 2017

Some people might have thought they had turned up at the 'Icebreaker' shoot rather than the Valentine. One might describe the day as bracing! However archers are a hardy lot and it takes a lot to put them off. The course had been extended to include Bell's wood and as always the course designers had set up a course to challenge all abilities.



*As your granny would say, It was definitely a day to wrap up warm and everyone was well prepared for the weather*





# field archery



*Sometimes a quiet  
word of prayer helps!  
For what we are about  
to receive...*

*One might suggest that  
Mr Kenny was happy  
with his shot!*



*Bill looks on target*

*Kerry bringing a  
touch of artistic  
finesse with her  
monochrome selfie*



*Always a  
good turn out  
from the  
traditional  
brethren*





# Valentine Shoot 2017



Even with the cold weather there were some strong performances on the day







**field  
archery**



**"Every accomplishment starts with the decision to try"**

## **Ron Bell Memorial Shoot 2017**

The Ron Bell Memorial Shoot is traditionally our biggest and best attended shoot of the year. For members who may not be familiar with Ron Bell. Ron was one of the founding members of Lough Cuan Bowmen and a past President of the Northern Ireland Archery Society. The shoot returned to Ballywalter this year and proved as ever to be popular with archers. The round was World Record Status and Arrow-head with Saturday the unmarked round and Sunday the marked round .

The field team did a great job in setting and designing the course and it was good to see new members joining the work groups to help with the setting out of the course. And the committee would like to thank everyone who helped in the organisation of the shoot. As always the course present-



ed a range of challenges for the novice and the experienced archer. As Michael commented in his club update, "Our members that competed were also impressive. We had members out for their first field shoot, members trying new bows, members shooting longer distances and plenty of members setting personal best scores. It really was a successful event for the club and the feedback has been great. I have to thank each and every member that helped in some way to make the shoot the success it was."



*As always we are very well served by Anne and her team of judges.*

*Sophie getting set for the day.*

*Two of our 'seniors' getting in some well need practice!*





# field archery

*You've shot the event.  
Now read the book!*



*The photo opportunity the Times missed out on.*



*So that's  
what they do!*

*We know a lot of planning goes into the field shoots and the field committee (a band of merry men and women) felt it would be good to let members have an insight into a field committee meeting.*



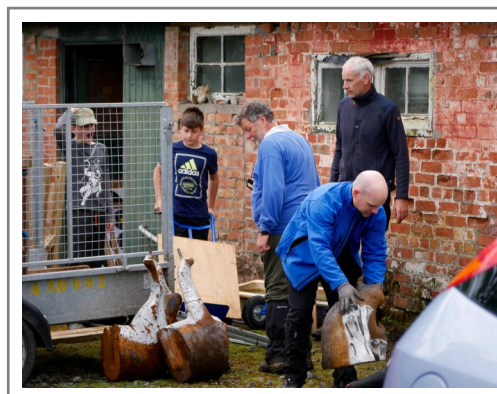
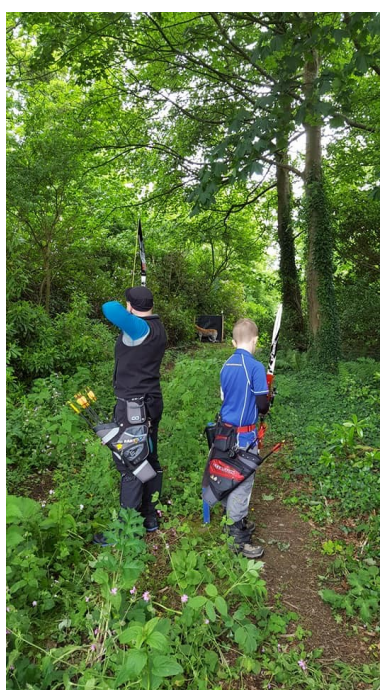
# Columcille 3D

Columcille signals our last field shoot of the season. This year we decided to have a 3D shoot. The club had not hosted a 3D for quite a few years and it was decided that this would be a good opportunity to introduce our new members to this discipline of field archery.

This was to be a World Archery 12 target round shot twice. The field team under Noel did their usual thorough preparation in setting up the course. And most importantly having to go and 'hunt' out the 3D animals. Some had possibly wandered off and possible one or two were in need of supervet Noel Fitzpatrick!

There was a modest turnout of archers on the day, but it was great to see a good turn out of Lough Cuan members, many trying 3D for the first time.

It was a very enjoyable experience for all and a great opportunity to try 3D archery in a relaxed atmosphere



*All the animals were rounded up and put together ready for the shoot. Though I must confess, I managed to put the leopard together back to front!*



*Janes and Ryan on the line.*

*Rebecca has a very relaxed approach to scoring*



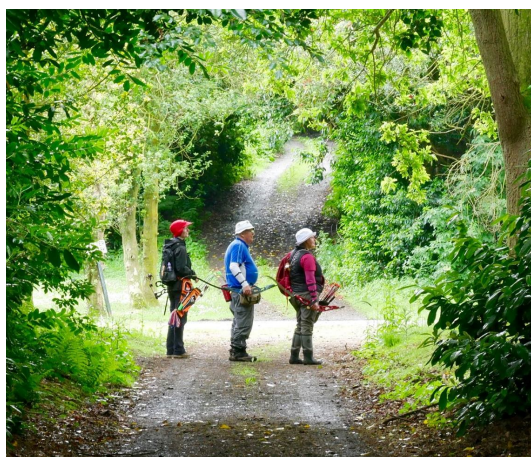
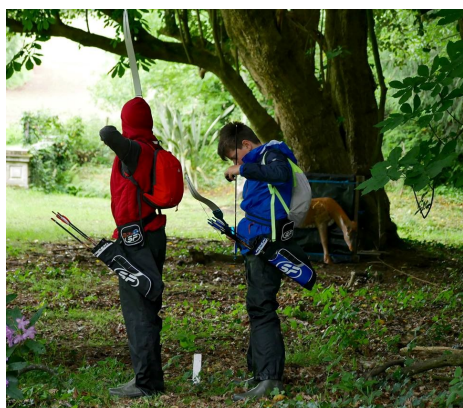


# 3D field archery

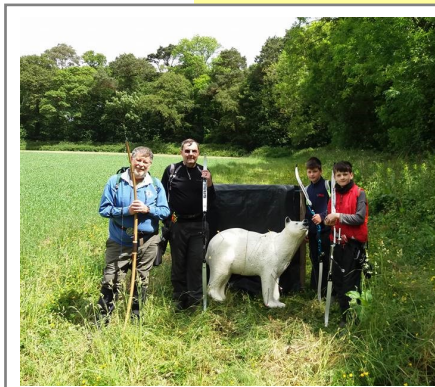


Prepare for all weathers ,  
seems to be the key to a  
shoot in NI, even in June.

Glad to see Val looking after  
our leopard who unfortu-  
nately we are having to  
retire our leopard due to  
age. Off to the 3D animal  
sanctuary



We are all  
asking the same  
question. What  
were they  
looking at?





# 3 D Field Archery

The discipline of 3D Archery is a form of Target Archery. In 3D archery 3D representations of animals are used as targets. These are close to life sized animals. The types of animals will vary depending on the club. You may see everything from Antelope, Deer, Sheep, Snakes, Beaver, Skunk, Moose, Elk, Cougar, Bobcat and much more. Some shoots may also include some more novelty 3D targets such as dinosaurs. 3D Archery can be set in the woods, fields and sometimes even indoor ranges. The aim of 3D Archery is the same as target and field archery – to get the highest possible score.

Most bow styles are accepted in 3D archery and include, longbow, barebow, recurve, compound and archers can shoot trad and instinctively.

Generally, most 3D shoots will be unmarked, requiring you to use your skill in estimating the distance. In Marked 3D Archery, they will tell you at each peg, how far

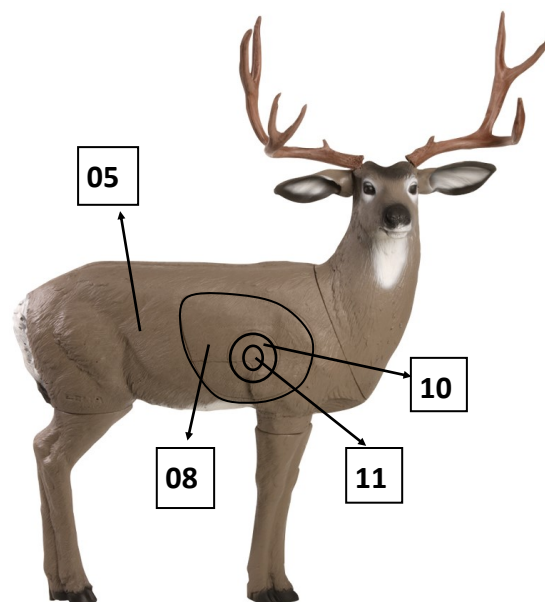
the target is. Some clubs may even put a small dot on the highest scoring ring. Your object is to hit the highest scoring ring.



Each 3D Target will have a set of scoring rings on it. The rings though visible will not be as visible as on a standard target face. When you

come to the marker board for a target there will normally be a picture of the 3D target and from it you can see where the scoring zones are. While there may be variation in the scoring according to the club or association, the most common format is the smallest circle scores 11 or 12 points, the next ring 10 points, the outer ring is 8 points and the body is 5 points. The hoof or antlers on deer score a zero.

Distances will vary according to the association, for example in World Archery the maximum distance is 30 metres for Barebow. 3D archery is very enjoyable for young and older archers alike and worth having a go if you haven't tried it.



*In the World Archery 3D rounds there are 4 scoring zones. 11, 10, 8 in the scoring zone and 5 for the body. Hooves, antlers do not score.*





# 3D archery

## 3D Hunting Trail

One of the 3D rounds is a Hunting Trail. This is shot on a field course and consists of a number of trails which are set out on the course. Each trail varies in length and within each trail there are an unspecified number of 3D animals partially 'disguised' which archers have to discover. The distances are unmarked, however the maximum distance is 15 metres. Archers go round the trails in groups of 4, with each archer taking a turn to lead the group through the trail. Once inside the trail, archers follow a direction tape and have to remain within an arms length at all times apart



from collecting arrows of course. Once an animal is spotted it can then be shot. However if you go past an animal, you cannot turn and go back to it. If you can get a shot on it, then you can take it, assuming it is safe to do so.

From personal experience I would recommend the trail to anyone who enjoys 3D archery. The trail is a relaxed and fun shoot with the animals being shot between 5 and 15 metres. So why not have a go!

### Next Hunting Trail

Ballyvally have 2 Hunting Trails scheduled for the summer.

The first is on the 23 July and the second is on the 27 August.

### Next 3D Shoot

Ulster Open 3D Championships.  
20 August 2017

Hosted by Banbridge Archery Club at Guilford Castle.



Unfortunately our 3D bunny didn't comply with World Archery rules!

*Ryan looking very pleased with his 6 gold end*





## Promoting, Developing, and making archery fun and accessible Have a Go

In the previous edition of On Target we did promote our Have-a-go sessions. So I thought I would take a different slant on it this edition. Have-a-go's are an important part of the development of the club. While the promotion and development of club members and their skills is vital developing links with the community is also an important part our development as a club. Throughout the shooting season the club runs quite a number of Have-a-Go sessions for a variety of different audiences. Our two big have-a-go's of the year are held at the Irish Game Fair at Shanes Castle in June and the Autumn in Montalto Estate in September. They not only show case the benefits of archery to the wider community but they also provide an important way of supplementing club funds. Alongside these larger events there are many other have-a-go sessions, with , Brownies, Guides and BB groups. We always have a consistent and willing group of volunteers ready to assist with the Have-a-Go sessions and the committee would like to convey their thanks to them for and contribution. However we are always looking for new volunteers to help out. We would encourage to not only see yourself as just coming to the club to shoot but also playing an active part in the promotion and development of archery in the local and wider community. So as we say, why not have-a-go at a have-a-go

**ARCHERY**  
*Come and Try*





# Promoting, Developing, and making archery fun and accessible @

## Shane's Castle Irish Game Fair



*Shane's Castle provides the perfect backdrop to the have-a-go*

*A few members don't seem to have worked out who has a go!*



*Hard work but enjoyable for club members and  
a great experience for the public*

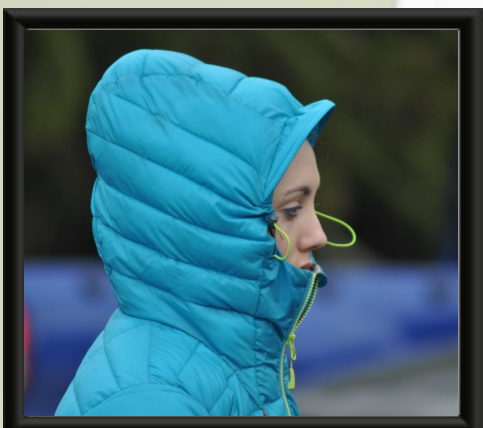
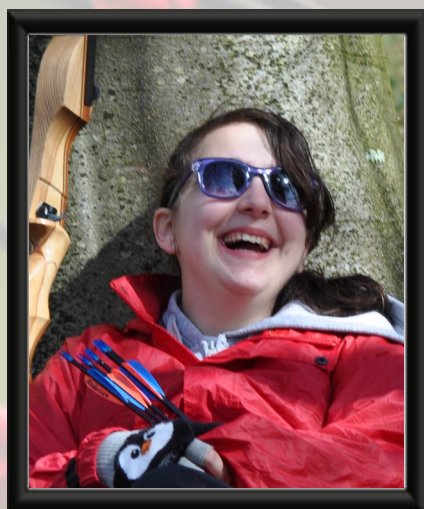




# Let's Face It!

## Lough Cuan National Portrait Gallery

We have show cased many of the archers in the club, but generally with a bow in hand. So for a change I thought we would have the Lough Cuan Portrait Gallery and who knows, maybe the next stop could be the National Portrait Gallery!







**So how many of the world's top recurve archers can you find in the word square? The name hidden in the word square is the under lined part of the name below.**

Brady Ellison      Kim Woo Jin      Aida Roman      Patrick Houston  
Ki Bo Bae      Alejandra Valencia      Tan Ya-Ting      Mauro Nespoli  
Deepika Kumari      Chang Hye Jin      Mackenzie Brown      Lisa Unrun  
Marcus D'almeida      Choi Misun      Kawanaka Kaori      Im Dong Hyun  
Khatuna Lorig      John-Charles Valladont

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





## Dates for Your Diary

### July 8th/9th

Irish Open and Club Championships  
Boucher Road Playing fields

### July 22nd

Archery NI Combined Target  
and Field Championships  
Boucher Road Playing fields

### July 23rd

Mulligan Hunting Trail  
Loughbrickland

### 12th/13th August

Ulster Open Field Championships  
Sir Thomas & Lady Dixon Park

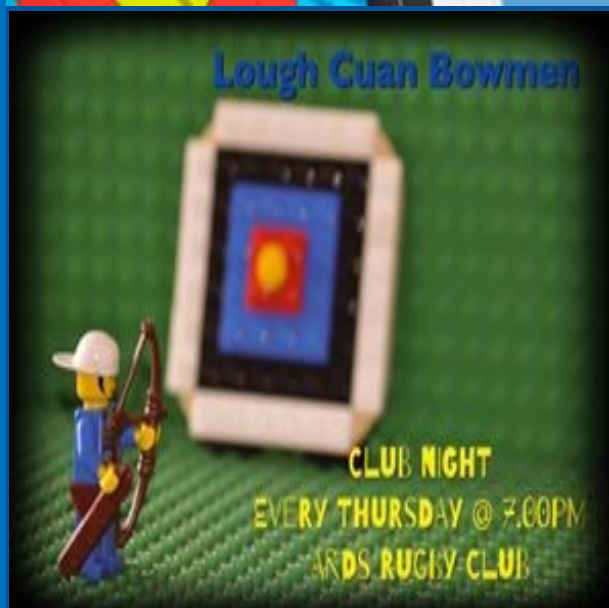
### 20th August

Ulster Open 3D Championships  
Gilford Castle

### August 27th

Mulligan Hunting Trail  
Loughbrickland

**A little progress everyday  
adds up to big results**



Not tomorrow, not next week  
But today. Nolan Bushnell

INSTAGRAM

## Stay Connected

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

