



onTarget

@Lough Cuan

June 2014

Club Newsletter for Lough Cuan Bowmen

Issue

4



Spoilt for Choice

Out in the Field

NIAS Field Championships

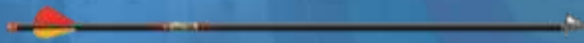
LCB Archers On Target

Starting Out

What do I Need to Know?

Ron Bell Shoot

A Good Days Shooting



Welcome to '**On Target**' the newsletter for Lough Cuan Bowmen.

We hope that the newsletter will keep you up to date with the activities at Lough Cuan.

We like to include information on competitions, results, events and activities at Lough Cuan.

Also we hope the newsletter will provide information on archery for beginners and experienced archers.

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

Thank you to everyone who contributed ideas, information, photos and book titles for this edition. Keep the ideas coming ☺



03

Spoilt for Choice

04

NI Field Championships

08

Starting Out

11

Have a Go

12

Marking Your Card

13

Ron Bell Shoot

16

Shooting Outdoors

18

For the Cruciverbalists



Spoilt for Choice A 'Field of Opportunities'

The last few months have been particularly busy for field archers in the club. In March we had the Ron Bell shoot in Clandeboy Estate, closely followed in April by the Northern Ireland Field Championships on the Dunleath Estate in Ballywalter. A busy time for the club, organising and setting up for both shoots. The latter brought a number of successes to Lough Cuan (see page 4). May brought the British Field Championships to Loughbrickland and at the start of June we hosted our Columcille Shoot. It was good to see archers from Lough Cuan participating in the British Field Championships with some notable successes for John and Michael.



Congratulations to John and Michael on their success in the British Field Championships.

◀ John for Gents Compound Barebow

And Michael for Gents Compound Limited. ▶ Further congratulations to Michael on being a member of the NI team who were runners up in the Home Nations competition



“The more you shoot at anything the more fun it becomes, whether it be target or out in the wilderness ...”
Brady Ellison



Congratulations to Sophie who has been selected to represent Great Britain in the World Field Championships in Zagreb in August this year. This is a great achievement and we all wish her the best for the championships.



Members, as you will know, a few weeks ago Noel went over on his ankle and broke 2 bones in the process. Initially it was thought he may have to have it pinned. Fortunately the ankle is knitting together and he is recovering well. We all wish Noel a speedy recovery and look forward to seeing him on the shooting line soon. - Michael.



NIAS Field Championship

The Northern Ireland Field Championships under the auspices of the Northern Ireland Archery Society (NIAS) were held this year in the scenic surroundings of the Dunleath Estate in Ballywalter courtesy of Lord and Lady Dunleath.

Lough Cuan Bowmen were very pleased to host the event. The Championships were held over two days, Saturday the 12th and Sunday

the 13th of April with over 60 archers from all over Northern Ireland and a number from the Republic of Ireland competing for top honours. The championships were shot as a FITA mixed round with 24 targets being shot each day, 12 marked and 12 unmarked. The marked course remained the same over the 2 days while the unmarked course was changed to add variety and challenge. The championships were World Record Status (WRS) and Arrowhead Status.



From well before Christmas, the committee and members, put considerable time and thinking into planning the course for the Championships. The planning committee walked the course many times wanting to make best use of the naturally undulating landscape and looking for the best possible 'shots.' Club members spent a quite a number of Saturdays and Sundays working to ensure the course would be ready for the championships, preparing targets, marking walkways, re-siting bosses, marking out the course and even building a new bridge. The end result was an excellent course fit for the NIAS Field Championships.



Although, being in Northern Ireland, there was not the 'obligatory' all four seasons in a day and apart from a brief shower on the Saturday morning the weather was perfect with a cooling breeze and yes there was sunshine.



Good form
shown at the
NI Field
Championships







The championships proved to be very successful for our Lough Cuan archers with winners including; Michael Ferguson, Gents Compound Limited, John Kenny, Gents Compound Barebow, Sophie Benton, Ladies Under 18 Barebow and Dylan Armstrong, Gents Under 12 Compound Unlimited. There was further success for the club with Steve Benton winning the Ron Bell Trophy for the Most Improved Archer in the Championships and Noel Tennyson being awarded the Bangor Cup for his outstanding effort in planning and organising the successful championship.

The Championships were a great success and enjoyed by all who took part. Congratulations to the medal/trophy winners, to those who achieved an arrowhead, scored a personal best and those who enjoyed a day's shooting and picked up valuable experience along the way.





Starting Out

Here are a few ideas to think about as you start out on your archery journey

If you are new to archery and have completed the beginners course and have joined the club or are thinking about joining, there are some things you may be thinking about. The beginner's course will have given you the important information you need to know about taking up archery, safety, how to shoot, key equipment, types of bow etc. Hopefully this section will answer some of your questions about what to do next. If you come to a club night you will notice that members shoot a range of different types of bow and maybe you haven't decided which type you would like to shoot. To give you an idea of the different types of bows and the shooting styles they participate in, the following table should help you in choosing the right bow.

Which Type of Bow Is Best for You?		
What kind of archery would you like try out?	Type of Archery	Style of Bow that can be used
I think I would like to		
Shoot a bow like the one in the Olympics	Target Archery	Modern recurve only (Freestyle)
Shoot at a target indoors or on a field	Target Archery	Modern recurve Compound Traditional longbow
Shoot a bow like Game of Thrones	Traditional archery	Traditional longbow Recurve barebow
Shoot a bow in the forest	Field archery or 3D Archery	Freestyle recurve Barebow Recurve Compound Traditional longbow
Shoot at animal shapes	Field archery or 3D Archery	Freestyle recurve Barebow Recurve Compound Traditional longbow

Think About Eye Dominance



- Stand about 10-20 ft away from an object.
- Hold your hands out at arm's length and make a circle about 1" in diameter.
- Keeping both eyes open, use the circle to frame the object visually.
- Making sure you can always see the object; pull your hands slowly back to your face.
- Your hands will come back naturally to your dominant eye.



Eye Dominance If you have been through the beginner's course you should have an idea if you are right or left eye dominant. This will play apart in choosing your bow. If you are not sure ask one of the coaches to help you. If you are right eye dominant you will tend to have a right handed bow and if left eye dominant a left hand bow. You will hold a right handed bow in your left hand and draw with your right hand and the reverse for a left handed archer.





Draw length. Finding out your draw length is important as this determines the length of your arrows and the size of your bow. This can be done in a number of ways, but one of the more common ways is to use a bow and a measuring rod/arrow. This is an uncut arrow /rod with marks on it like a ruler. You can draw back to your reference point (anchor) and have someone, preferably a coach mark it for you.



Thinking about your first Recurve bow?

The first thing to remember is not to rush out and buy a bow. The club has a selection of bows and you can use one to practice with. There are some important factors to think about. A good starting point is to chat to one of the club coaches, they will talk to you about the key things to consider and when the time comes, help to 'measure' you for your bow.

When thinking about the size of bow you need draw weight and draw length are important considerations. The latter will be a consideration, along with age and height and is effected by a number of factors for example, poor posture, wrong shoulder position, inconsistent reference point (anchor). Which is why as they say – "It's good to talk."

Draw length to Bow Size	
If your draw length is....	...then you should shoot a bow
up to 25"	54" to 62"
up to 27"	64" to 66"
up to 29"	66" to 68"
up to 31"	68" to 70"
31" and over	70" to 72"



Thinking about Price?

You don't have to start with an expensive bow, most archers start with a simple, affordable recurve that will help them learn the basics of archery. As your form improves you can then move to a more advanced bow. Starting out you should select a relatively low draw weight, this allows you to draw the bow with ease and you can concentrate on your form rather than holding a heavy draw weight and putting unnecessary strain on your

muscles.



Thinking about Arrows?

When you are just starting out, the main thing to consider about your **arrows** is the length and this is determined by your draw length. As a beginner, it is best to use arrows that are at least an inch or two longer than your draw length. **For safety reasons, always go with longer arrows. Never go shorter.**

If you are considering buying your first set of arrows you will also need to think about spine size. The arrow companies will have charts to help you with this. It can be a little complicated at first so remember - "*It's good to talk.*"





What other things do I need to start shooting?



Bow stringers

To string your bow you will need a bow stringer. For safety, it is always good practice to string your bow with a commercially made bow-stringer as they are reliable and consistent.



Bow String with Proper Serving Size

A string consists of multiple strands and will be wrapped tightly at the ends and centre with "serving," another string material. Strings range in price. Initially you do not need to invest in an

expensive string a mid-range priced string will serve you well. As you become more proficient and your technique improves you may want to invest in a more expensive string.

Quivers



You will need a quiver to hold your arrows. There are different types of quiver; a ground quiver can be set on the ground beside you, while a hip quiver is worn at the hip or thigh. Some traditional archers prefer a back quiver. Some quivers will have pouches/pockets to enable you to carry some small pieces of equipment. Quivers are very reasonably priced with a basic one starting around £5/£6.

Arm Guards



An arm guard is an essential addition to your kit. You will wear it on your bow arm and it covers the lower part of your arm. They help to keep loose clothing out of the way and stop the string snagging on them. If you shoot in short sleeves, it helps to protect your skin.



Finger tabs, gloves



You will need something to protect your fingers when shooting. Shooting without a tab may lead to blisters that can cause problems with your release.

The majority of archers use a finger tab which consists of a piece of flat leather attached to a plastic or metal plate. These are usually worn on the middle finger through the loop on the tab. There is a wide range of tabs to choose from and they will differ slightly depending on the bow style. Long bow and barebow archers will generally have a fairly plain tab, while recurve freestyle archers may have a ledge and a finger hook.



So I Need to Think About



- Identifying my eye dominance
- Finding out what my draw length is
- Choosing a light draw weight, anywhere from 10-25 lbs to start with
- Choosing the right size of bow
- Not too expensive
- A bow that will have the facility to extend its capability as your ability increases during the first 6-12 months of shooting
- A set of arrows, a string, finger tab, a quiver and arm brace



Congratulations to Anne who achieved her Regional Coaches Certificate



We have all heard about splitting the atom. However, Dylan experienced the archery equivalent of splitting the branch.



Have a Go

The 'Have a Go' events continue to be very popular. To date there have been quite a few including those at; Thriving Life Church, Knock Methodist Church Youth Club, 2nd Ards Guides, Ards District Explorer Scouts. These are a great opportunity to introduce people to archery and to let people know about the club. A thank you from Michael to Anne Orr, Richard Cowan, Chris Millar, Gary Millar, James Lowry, Steve Benton, Sophie Benton and other members who have helped out. There are a few events happening in the near future - the Game Fair at Shanes Castle, 28th and 29th June, Tesco family fun day on 3rd August and a new game fair in Ballynahinch. New helpers are always welcome so why not 'Have a Go' at a 'Have a Go.'







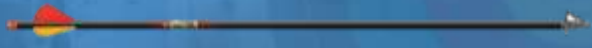
Having Your Card Marked

In our last edition we looked at marking a 'target' score card. In this edition we will look at marking a 'field' score card. The centre gold on the field target is 6 working through to 1 for the outer ring, giving a total of 432 for 24 targets. Scores are recorded on a score sheet with the highest scoring arrow recorded first, for example "6-4-2". If an arrow does not score it is called a miss and is marked with an 'M' on the score sheet.

At a Field shoot 24 targets will generally be shot over 1 day, 72 arrows. (48 over 2 days) Arrows should not be touched until all arrows have been scored and then they can be removed from the target face. If there is a query about a score or a mistake made on the score card the judge should be called in to adjudicate. Once the arrows have been removed, no alterations to the score sheet may be made without the judges say so. At a field shoot you will generally be in a group of 4 and each shooting group will start at a specific target. This target you start shooting at is the number entered into the first column in the score card.



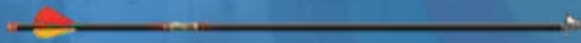
Name Joe King											Archer Joe King		Club LCB		Date 8/6/2014		Name Joe King										
Tgt	Arrow values			Total	R/T	5s+6s	6s	Jud	Correction								Tgt	Arrow values			Total	R/T	5s+6	6s	Jud	Correction	
12	5	4	3	12	12	1					Style Barebow	M/F Male	Age Grp Senior	Peg Blue	24	6	5	5	16	16	3	1					
13	4	3	3	10	22										1	5	5	4	14	30	2						
14	6	5	4	15	37	2	1								2	6	5	5	16	46	3	1					
15	4	3	3	10	47						Round FITA WRS	Judge Clare Voyant		Venue Ballywalter		3	4	4	3	11	57						
16	6	6	5	17	64	3	2									4	5	5	4	14	71	2					
17	5	4	3	12	76	1							Hits	Score	5s+6s	6s	5	4	3	M	9	80					
18	4	3	3	10	86						1 st Half		35	145	13	4	6	3	2	2	7	87					
19	3	3	3	9	95												7	4	4	3	11	98					
20	6	5	3	14	109	2	1				2 nd Half		35	153	16	6	8	5	4	3	12	110	1				
21	4	4	4	12	121												9	6	6	6	18	128	3	3			
21	5	4	M	9	130	1					Totals		70	298	29	10	10	6	4	3	13	141	1	1			
23	5	5	5	15	145	3											11	5	4	3	12	153	1				
1 st Half				Hits	Score		5s+6	6s			Archer <i>Joe King</i>		Scorer <i>Justin Thyme</i>						Hits	Score		5s+6	6s	2 nd Half			
				35	145		13	4											35	153		16	6				



The Ron Bell Memorial Shoot

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 held at Clandeboye Estate proved to be popular with archers. There was some light rain in the morning, but this cleared towards the afternoon and everyone enjoyed a good days shooting.





Columcille Shoot

The Columcille shoot proved to be another great shoot. The venue was the Dunleath Estate at Ballywalter with 2 courses set out, a Big Game round and FITA unmarked. The weather stayed dry all day and the sun even shone at times. Shot of the day must go to Helen Ellison with her first kill arrow at 67 yards with her trusty longbow. It was also good to see some new members out on the course.

A big thank you to all the competitors for helping clear the course and to the club members for staying behind to put the bosses etc. into the store. We are finished at Ballywalter for the year but will be back in February for the Valentine shoot.

Michael

Factoids

Saint Columba or in Irish: Colm Cille which means 'church dove' – (AD521 – AD597). He studied at the monastic school of Movilla under St. Finnian. He was an Irish abbot and missionary credited with bringing Christianity to Scotland. He founded the important abbey on Iona.

Tradition has it that, sometime around 560, he became involved in a quarrel with Saint Finnian of Movilla Abbey over a psalter. Columba copied the manuscript at the scriptorium under Saint Finnian, intending to keep the copy. Saint Finnian disputed his right to keep the copy. The dispute eventually led to the pitched Battle of Cúl Dreimhne in Cairbre Drom Cliabh (now in Co. Sligo) in 561, during which many men were killed.





THE NEWTOWNARDS
Observer Evening Edition
90p
Culture Lifestyle Business Sport Gallery

Yesterday's News Tomorrow

Flying Club on the War Path



A local Flying Club has taken steps to have the approach route to their landing field realigned. Currently the approach sees aircraft flying over Ards Rugby Club. Fortunately the planes are safe from high flying rugby balls. However, on a Thursday evening an archery club which shall remain nameless meets.

The trouble seems to be that some archers are having trouble with their sight marks. A representative from the flying club commented I know our aircraft are named Comanche, Cheyenne and Navajo but we didn't expect them to come back full of arrows!

What happened next ... page 17



End: A set number of arrows which are shot before going to the target (typically 3, 5, or 6) to score and retrieve them.

Finger Tab: Leather device worn to prevent blistering on the surface of the three drawing fingers.

Flu-Flu: An arrow with large or spiralled fletchings, which increase drag and reduce the arrow's range

World Archery Field Championships 2014



The World Archery Field Championships will take place on 19-24 August 2014 in Croatia. The venue is Zagreb's oldest public park. Maksimir Park. The competition will attract international teams from all over the world.

If you want to keep up with what is happening, you can 'like' their Facebook page or check online@ <http://www.worldarchery.org/EVENTS/World-Championships/2014/Field-Zagreb-2014>



The Great Outdoors

From May to early September we will be at Ards Rugby Club. Shooting is from 7.00pm until light stops play. There are a few differences to shooting outside on the club night. We have put together a few guidelines to help everyone have an enjoyable and safe evening



When you arrive, you collect a boss from the lock up and take it onto the field and peg it out. If all the bosses are out when you arrive you can join a shooting detail.



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.



Choose the distance you want to shoot at, you can increase or decrease as the night proceeds. If others join the 'detail' then you can decide jointly to move further in or away from the target



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.



When going forward to collect arrows, walk in a straight line to the boss. Remember archers may be shooting either side of you.



If an arrow(s) go 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 at the end of the evening or when you decide to go, 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 furthestmost shooting 'detail.'

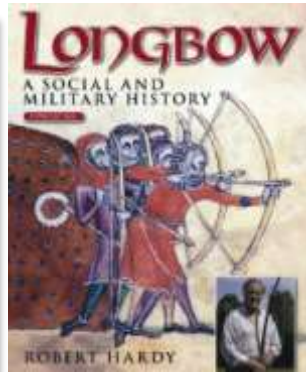


"The longbow, because of its rapidity of fire, was a medieval machine gun. It has been calculated that a Bowman of the Hundred Years War period, when military archery was at its zenith, could shoot 10 to 12 arrows a minute"

-- from "The Medieval English Longbow" by Robert E. Kaiser, M.A. - this article was first published in the Journal of the Society of Archer-Antiquaries, volume 23



What is the discerning archer reading this month?



This book is probably more for the archer with a real interest in the history of archery and in particular the longbow. It is very detailed and probably best digested in small portions. First published in 1976, Robert Hardy's "Longbow", which has achieved an enviable reputation as a classic book on the subject, tells the story of this weapon throughout British history with drama, vigour and enthusiasm. As well as describing the longbow's colourful past in

battles such as Crecy, Poitiers and Agincourt, and in the Robin Hood legend and the Wars of the Roses, the book includes information on the archers themselves and their equipment, training, way of life and terms of service.



For archers who want to keep up with what is going on in the world of archery, Bow International will be a good read. Whatever sort of archery you do, Bow International is the specialist magazine to keep you informed. For experienced archers and beginners alike, it is packed full of archery stories, product reviews, news and information from Great Britain and across the world. It is a subscription magazine with print and digital magazines on offer. It also has a web site with news and features.

<http://www.bow-international.com/>

They will be out in the field around 19.00 hours. We'll come in low over the lough.

We'll show those Archer chaps what for

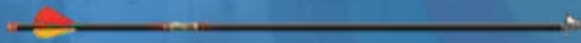
This is best read while humming the theme to the Dam Busters.

Later that night

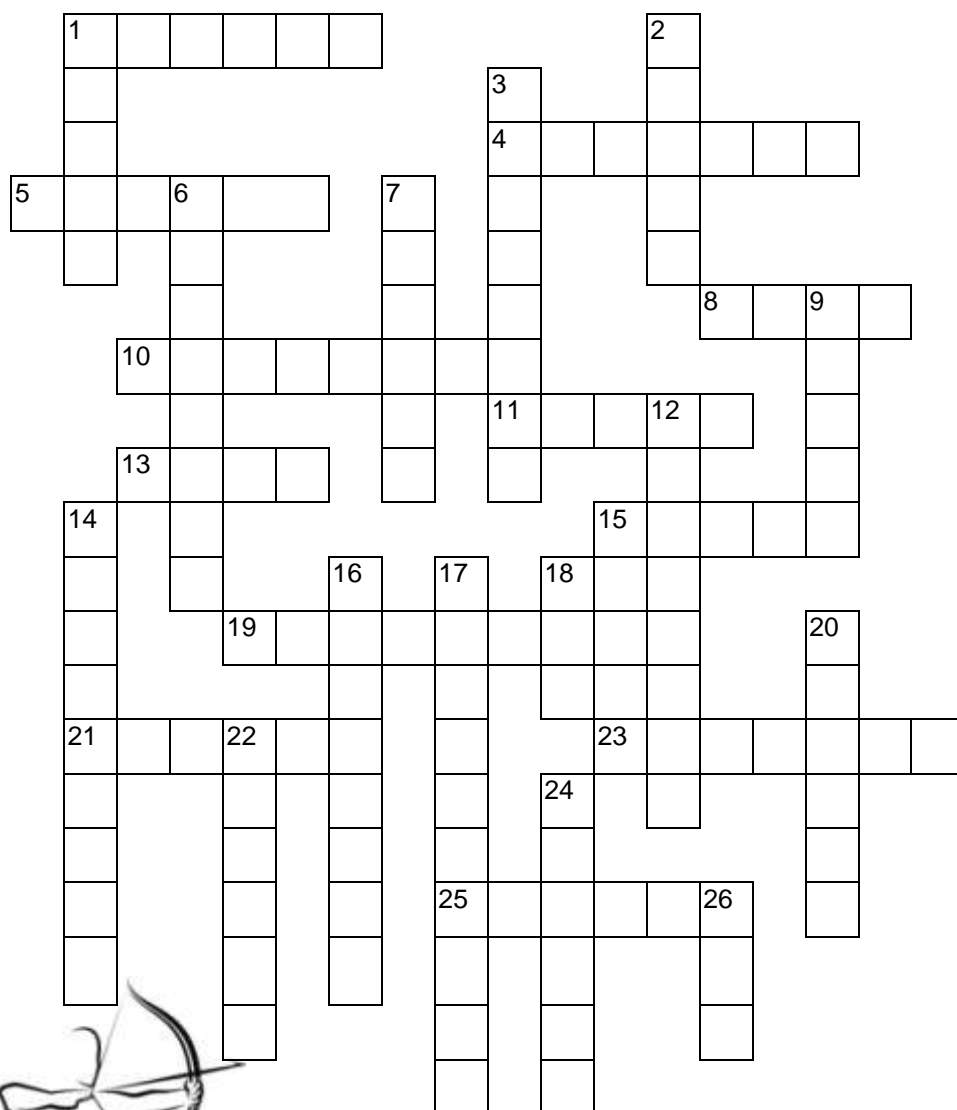
OK Ginger you take the first run

Roger Blue leader, approaching target





The Cruciverbalists among members should enjoy this

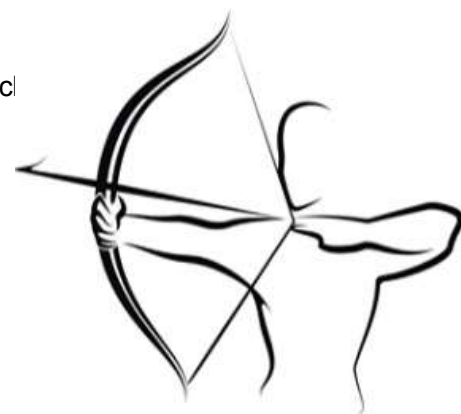


Across

1. A person who makes bows?
4. Sir Walter Scott's novel in which Robin of Locksley is mentioned
5. A term for the process of gluing or tying feathers to an arrow shaft.
8. An old term still used today to designate the forepart of an arrow tip.
10. Draw weight of a bow
11. Part of bow that is drawn back to give it's power
13. In the USA the target bale is also known as 'butts.' In England it is known as ...
15. Worn to protect the lower arm
18. Tool for fletching arrows
19. A recurve bow made from a number of materials laminated together e.g. wood, sinew and horn.
21. Vanes made by Bohning Archery
23. The thread, or monofilament, wrapped area in the midsection of the string that accepts the nock set.
25. A Barebow archer will often walk this.

Down

1. The side of the longbow facing the archer.
2. Name given to target face shot at shortest distance in the field.
3. Place your hand on grip of longbow and extend thumb outwards to check
6. The study of the history of the bow.
7. A bundle of 24 arrows.
9. Command to release arrows.
12. An arrow shaft which is tapered at the ends and larger in the middle.
14. A feather or vane that has a rounded shape.
16. Name of competition: 30 arrows at each 60, 50, 40yds.
- 17 Up and down movement of the arrow as moves towards the target.
20. Feather fletching with a concave profile at the back.
22. World Field Championships to be held in this city August 2014.
24. The unintentional twisting of the bow in the hand during shooting, causing undesirable arrow flight.
26. A form of aiming favoured by traditional and barebow archers.





Double American 5th July 2014 Ards Rugby Club

The club's next shoot is a Double American which will be held at Ards Rugby Club on the 5th July.

An American round consists of 30 arrows shot at an imperial face at each of 60, 50, and 40 yard distances. 90 arrows in total for an American and the total number of arrows for the double round is 180, with a maximum score of 1800.

**"Ask not what your club can do for you,
but what you can do for your club"**

**What President Kennedy would have said if
Noel had been his speech writer**

What the best dressed archer is wearing

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 anytime

Archery Classifieds

You know it
makes sense

If you have up graded your equipment or have any archery equipment which you want to sell, why not place an ad in the newsletter.



Shooting with Style

There has been a noticeable trend particularly among the top archers to 'accessorise.' It may be colour coordinating archery equipment or coordinating clothing to their bows. The last few years seem to have brought a trend of accessorising 'fingernails.' Below are a few archers who have adopted the trend



What would it look like if we were to
'accessorise' at Lough Cuan?





Club Nights

Club night is now every Thursday at Ards Rugby Club. Shooting starts from 7.00pm until it gets dark.

Remember you will have to collect your boss and take it out and return it at the end of the evening



YOUR CLUB



Calling all Members

The 'Have a Go' at the Irish Game Fair in Shane's Castle is on the last weekend in June - 28th and 29th. This is a big event for the club and we are looking for volunteers to help out.

This is always a very successful event for the club and over the 2 days there are a considerable number of people who like to have a go and the more members there are on hand to assist the better. So if you have some free time, a morning, afternoon or full day, let Alvin know. If you have not helped with a 'have a go' session before have a chat with one of the committee.

Dates for Your Diary

Game Fair

Shane's Castle 28th-29th June.

Double American 5th July.

Ards Rugby Club

Tesco 'Have a Go' 3rd August



Just a Click Away

If you want to keep up to date with what's happening in the world of archery here is a site to explore

Discover Archery is an American site <http://www.discoverarchery.org/> under the auspices of the Easton Foundations and aims to introduce those who are thinking of taking up archery or are new to it to the sport. As it is American much of the content refers directly to archery

practice in America. But this said there is lots of useful information on choosing equipment, shooting tips and general features about archery.

It is also interesting too see how archery is developing in other countries.

Stay Connected

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

