



**Lough Cuan
Bowmen**



Issue **2** | 2013
December

onTarget @ Lough Cuan

Club Newsletter for Lough Cuan Bowmen



Shooting Indoors



Club News

What does Santa bring an Archer?

I'll be ding doun dooed

Turkey and all the trimmings

Spooky Goings on in Clandeboye Wood





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

We hope that the newsletter will keep you up to date with what's happening at Lough Cuan.

In the newsletter we hope 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 members 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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Meet the Committee



Club President
Noel



Equipment Officer
James



Club Secretary
Michael

At the Annual General Meeting for Lough Cuan Bowmen on Wednesday 4th September the committee stood down and a new committee was voted in. The committee play a very important role in the club, ensuring that it runs efficiently and effectively. There is a lot of work that goes on behind the scenes, administration and organisation for shoots and club nights/activities, child protection, publicity and media, finance, maintenance of equipment to mention a few. It is good for members to give encouragement and help the committee whenever possible.



Junior Club
members' rep.
Steve



Safe guarding
Officer
Richard



Senior Club
members' rep.
Chris



Treasurer
Alvin





Making Your Mark Indoors

During the winter months from September to May our club night is a Friday night from 7.30pm to 9.30pm in Ards leisure Centre. This will be indoor target shooting. This gives you the opportunity to develop your skills at various distances up to 18 metres on different sized target faces. The principles of target archery are the same for indoor and outdoor shooting, though there are differences given the nature of an indoor environment. The article below will provide some information on the etiquette of shooting indoors and the requirements of shooting in a competition.



Shooting Indoors

Target archery is probably the most popular form of archery, where archers shoot at stationary circular targets of varying sizes, set at varying distances. The gold, red, light blue, black and white face is the one most people associate with archery. Archery competitions may be held indoors or outdoors. Indoor rounds are normally shot at one distance, whereas outdoor competitions normally consist of several distances.

All types of bow - longbow, barebow, recurve and compound can be used. In the UK, Imperial rounds can be shot; these are measured in yards and are still used in some tournaments. There are also metric rounds, which are used internationally and have slightly different rules.

For FITA Rounds (Under World Archery rules) the standard indoor distances are 18m and 25m. The competition is divided into ends. An archer shoots either 3 or 6 arrows per end, depending on the type of round. After each end, the competitors walk to the target to score and retrieve their arrows. There are 20 ends of 3 arrows in a standard round of indoor competition (i.e. the FITA 18 or the FITA 25).

Archers have a set time limit in which to shoot their arrows. For indoor competition, under FITA rules this is 2 minutes for 3 arrows.



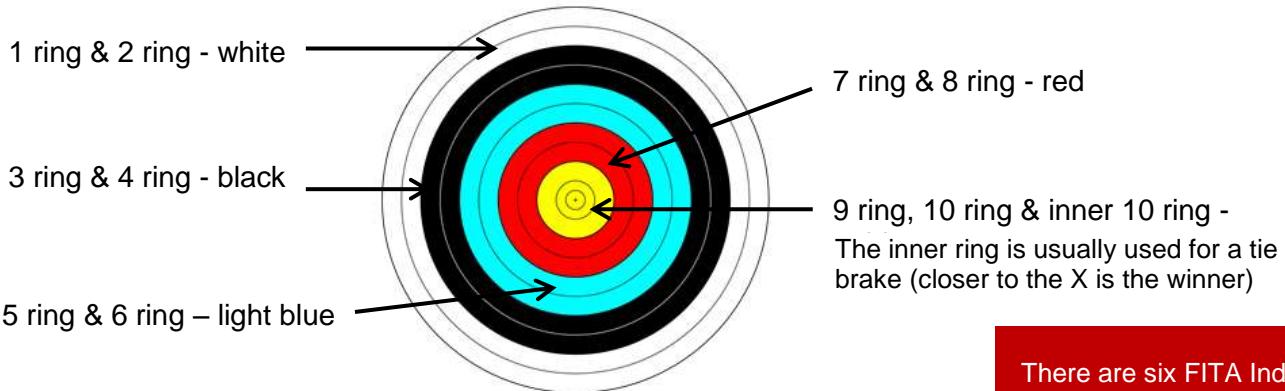


Lough Cuan Bowmen

Signaling devices such as lights and flags inform the archers when time is up.

For Imperial rounds, (GNAS rules) the standard indoor distance is 20 or 25 yds. with the number of arrows being shot depending on the round. The different rounds include, Bray I, Bray II, Stafford, Portsmouth, Worcester and Vegas. Like the FITA round the competition is divided into *ends*. An archer shoots either 3 or 6 arrows per end (indoors). After each end, the competitors walk to the target to score and retrieve their arrows.

The standard FITA targets are marked with 10 evenly spaced concentric rings, which generally score values from the centre of 10 assigned through to 1 for the outside ring. There is an inner 10 ring, marked with an X. This serves as a tiebreaker with the archer scoring the most X's winning. The number of hits may also be taken into account as another tiebreaker.

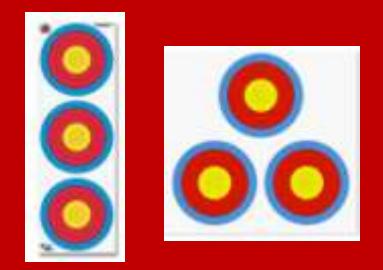


Archers score each end by summing the scores for their arrows. An arrow just touching a scoring boundary line, known as a Line Breaker or Line Cutter, is awarded the higher score. Values scored by each arrow are recorded on a score sheet and must be written in descending order (e.g. if an archer scores 7, 10, 8, this must be recorded as 10, 8, 7). During and before scoring no one is allowed to touch the arrows. This is so that if there is disputed arrow score then a judge may be called and the judge makes a ruling on how the arrow lies. The archer in charge of scoring on a target at a tournament is known as the "Target Captain" and in larger tournaments, they may be assisted by a "Target Lieutenant"; a Target Captain makes an initial judgment on all disputed arrows. Under FITA rules, in major tournaments, after scoring, each hole is marked before arrows are retrieved. In the event of a "pass through" (the arrow passes straight through the target) or "bouncer" (arrow hits the target and bounces out), points may be awarded to an unmarked hole. Under GNAS rules, and in some smaller tournaments, in the case of a bouncer, the archer must step off the shooting line and hold their bow in the air. A judge then decides whether the archer is permitted to shoot a replacement arrow. If an archer accidentally shoots more arrows than allowed, the highest scoring arrow is not counted.

References. Archery GB Rules of Shooting March 2013
Archery Facilities. Archery GB 2010
FITA Rules Target Archery 2013

There are six FITA Indoor Target faces:

- The 60cm diameter face;
- The 60cm triangular triple face;
- The 60cm vertical triple face;
- The 40cm diameter face;
- The 40cm triangular triple face;
- The 40cm vertical triple face

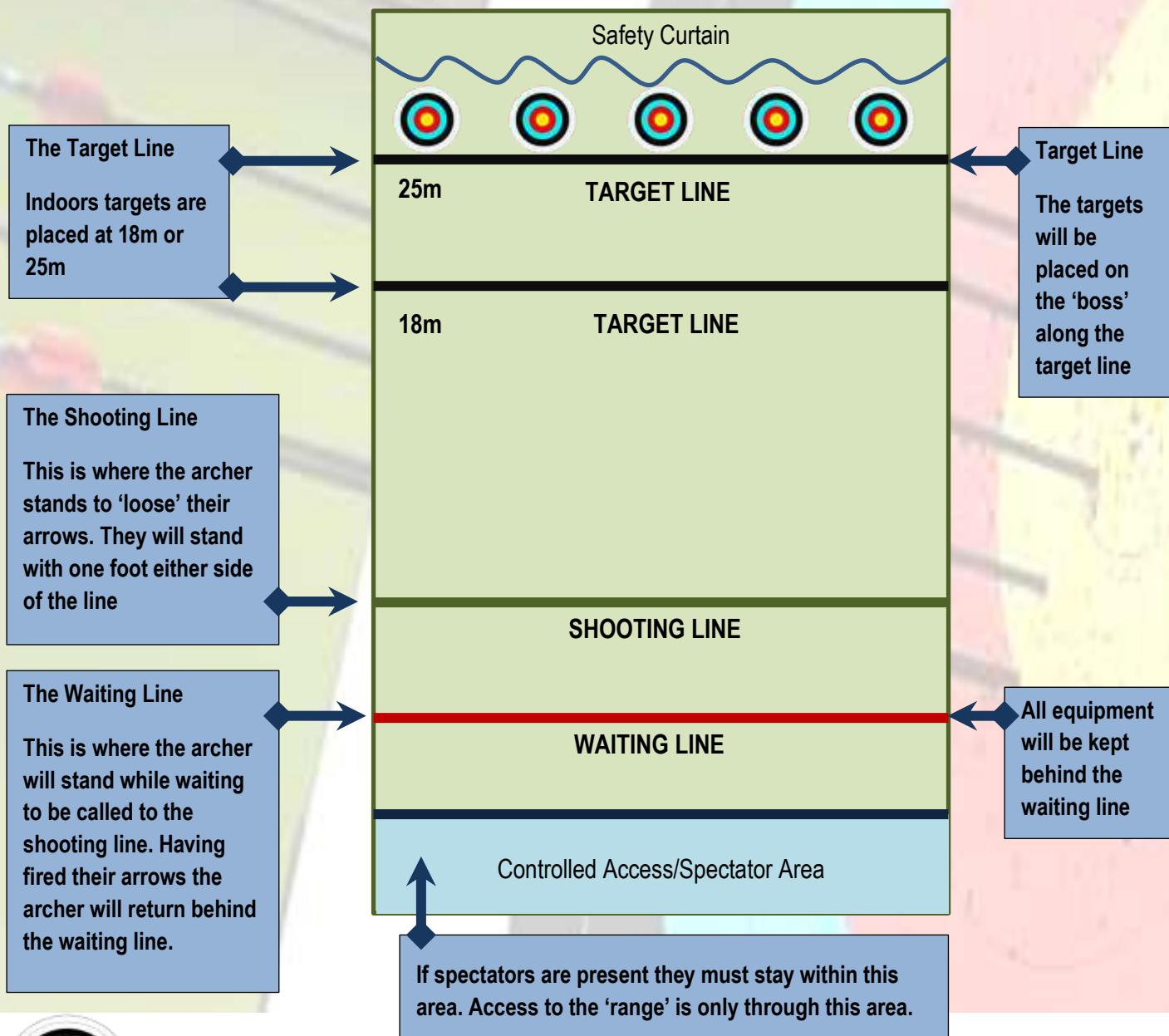


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- When waiting to shoot always stand behind the waiting line
- Only move forward to the shooting line on the instruction of the Target Captain. (A signal will be given- - verbal or whistle)
- Once you have shot your arrows return behind the waiting line (if the archer beside you is in the process of shooting, remain stationary until he has completed his/her shot)
- If you hear the call FAST stop what you are doing, bring down your bow and return the arrow to your quiver.
- Only move forward to collect your arrows on the instruction of the target Captain.
- Walk forward when collecting your arrows. Do not run
- Pull your arrows from the side and be conscious of others around you
- When you have collected your arrows return behind the waiting line

'FAST' When this called, everyone must **stop shooting immediately** and all arrows must be returned to a quiver or the ground. Anyone on the range may, and indeed should, shout "FAST" whenever they notice there may be a risk to a person's safety





On Target



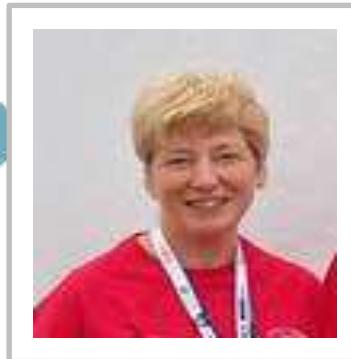
Fay



Thomas



Sophie



Arrow head awards to Ann and Chris



Congratulations Noel and Michael



Lough Cuan archers continue to enjoy success at outdoor and indoor competitions Our young archers are shooting particularly well and it looks as if the older, sorry more experienced members will have to keep on their toes with these young archers coming through.

If we have missed you out please let us know and you could fill the empty frame in the next edition

Lough Cuan **Bowmen**





Lough Cuan Bowmen



Thank you to Helen for providing the photographs of the shoot



Time on your Hands

Word Search

The Christmas dinner is over, the Queen's speech has finished and there are a couple of hours to the Morecombe and Wise Christmas Show. Why not have a mince pie and try our word search.

Can you find all the archery terms in the word search? They are forwards, backwards and diagonally. Letters can be used more than once

Archer	Boss	Bunny
Broadhead	Clicker	Limb
Nock	Plunger	Recurve
Riser	Serving	Spine
Tab	Tiller	Vane

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

“It's the most wonderful time of the year”



The Christmas dinner was a great success and enjoyed by all. A big thank you from all the members to the ladies for their time and effort in organising the dinner.



*A very Happy
Christmas to all
the members of
Lough Cuan*

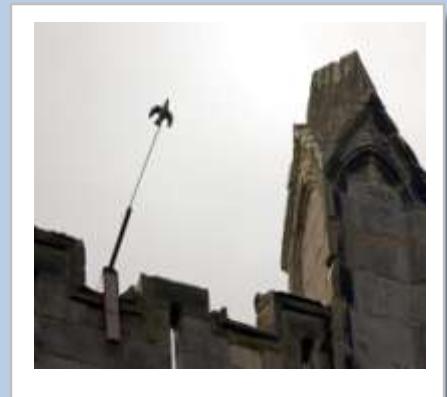


Well I'll be ding doun dooed

In the last edition we posed the question, what might a Scottish archer be doing if he/she was trying to ding doun the doo? Well we have the answer below courtesy of Arthur Halligey who I might add managed to clip the doo.

The papingo is a competition that has been held by the **"Ancient Society of Kilwinning Archers"** for over 500 years with the earliest event recorded in 1483. Just after the Sistine Chapel was built and just before Christopher Columbus discovered America. The event is held annually in June and requires archers to shoot vertically, from the base of the Abbey Tower, to dislodge a wooden pigeon approximately 100 feet (30m) above. Shooting is restricted to Longbows, with

specially blunted arrows (to prevent injury). The first person to 'ding doun the doo' wins the competition and is declared, 'Captain of the Papingo' and awarded the walker trophy (a scale model of the Abbey Tower) to be held for 1 year.



Gilford 2D Shoot

John Kenny had a good days shooting at the Gilford 2D animal shoot



The Bear necessities of life



Duck á la John



He's human after all



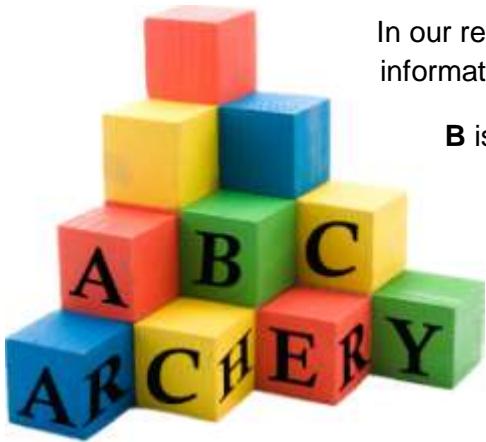
At Lough Cuan we like to ensure that club members can avail of the coaching they need. So the club coaches will be sharing their wisdom with you the pages of the newsletter over the coming months. In this edition we just want to remind all the members who the coaches are and let you know that they are always available to offer advice whether it is on your shooting or selection of equipment. The coaches are Arthur Halligey, John Kenny, James Lowry Michael Ferguson and Aud Needham





“Captain my Captain”

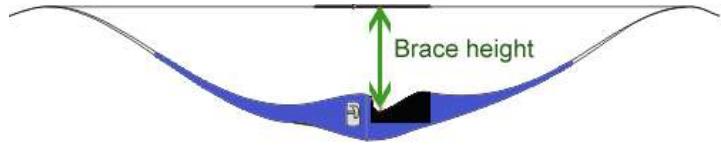
It's great to see so many members on the shooting line on a Friday night and it's good to see members taking their turn as Target Captain. Can I remind members that it was agreed at the AGM that all members over the age of 18 and have been shooting for more than a year would be asked to take their turn as target captain. This is a good opportunity to experience shooting from a different perspective and gives you a greater overall appreciation of what is involved at a shoot. Please step up and take a turn. It is only 30 minutes every few weeks. If you're not sure of the procedure the coaches are always willing to guide you.



In our regular feature we look at the A B C of archery. Bringing you facts and information on the equipment and terms used in archery.

B is for:

Boss This is the term used to describe the target, typically made from tightly compacted foam or straw. **Brace height**. Brace height is the distance between the deepest part of the bow riser, (at the grip) and the string in its loose position. This is measured by a bow square. The vast majority of recurve bows have a brace height somewhere between 7.5



and 9.75 inches. The brace height of your bow will dictate some of its behaviours, such as how loud it shoots and how much pivoting your arrow will experience mid-air. On most recurves you'll be able to adjust the brace height by up to 1/2" in both directions (either increase it or decrease it). This can be done by twisting the string as you string your bow. The more twists you add at the tip of the string, the more "flexed" it becomes, hence pulling the limb tips slightly away from the riser and increasing brace height. Similarly, if you want to decrease the brace height, you will reduce the number of twists on the string. The instruction manual that came with your recurve bow will include the manufacturer's recommendation as to an acceptable brace height range.

Clicker – This is a device used on a freestyle recurve bow, this device tells the archer when he or she has pulled the bow the correct distance (used to indicate an archer's optimum draw length). This helps the archer know when the string is pulled back far enough to fire, as too far or too short a pull will not produce an accurate shot.

Cock feather (equipment) - A differently-colored fletch that indicates proper arrow alignment (a.k.a. Index feather) the feather placed at right angles to the nock. Usually of a different colour from the other two.



Just a Click Away

If you want to keep up to date with what's happening in the world of archery here are a few sites to get you started



The **World Archery Federation** (formerly known as FITA) is the governing body of the sport of archery. It is based in Lausanne, Switzerland. It is composed of 156 national federation and other archery

associations. If you want to keep up with what is happening in the world of archery this is the site to visit. Information on the world championships, Olympics, archery development, rules and guidelines and much more.

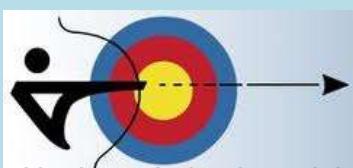
<http://www.worldarchery.org/>



Archery GB (the trading name of the Grand National Archery Society) is the governing body for all forms of archery in the United Kingdom, including target archery and field archery. The society is

currently responsible for over 1100 clubs and 40 000 registered members across the UK. It organises its own national tournaments and is responsible for training coaches. If you want to know what is going on in relation to archery in GB or want more information on archery this is a great place to start.

<http://www.archerygb.org/>



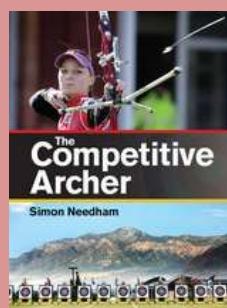
The Northern Ireland Archery Society site is provided and maintained by the NIAS, the governing body for archery in

Northern Ireland. and is targeted for all current and aspiring future archers. The web site will provide you with all the information you need on archery in Northern Ireland.

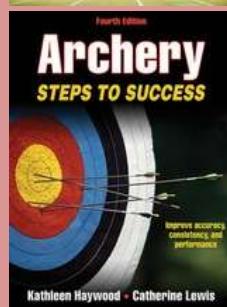
<http://www.niarchery.co.uk/>

Have you a favourite archery web site? Why not pass on the address and a few sentences about it and we'll share it in the next edition

What's on Santa's Reading List?

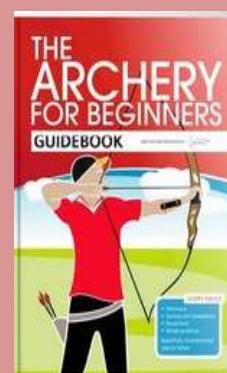


Simon Needham. Provides practical advice to archers showing them a path to success in their competition performance, taking them from keen weekend competitors to top athletes in the world arena.



Short Description for Archery Part of the Steps to Success range, this resource contains exercises for each phase of the shot-stance, draw, aim, release and follow-through - for both recurve and compound bows.

Whether new to the sport or an experienced competitor, it offers comprehensive archery instruction.



Archery GB has produced The Archery for Beginners Guidebook, which has been designed to guide beginners through their first steps in target archery. It's beautifully illustrated, easy to follow and packed with basic information on technique, equipment, range safety, scoring and competition. It is also packed with useful hints and tips, guidance on etiquette and what to expect as you progress through the sport.



Competition Diary

Field Shoots 2013

Date	Shoot	Venue	Club
December			
Sunday 1st	Festive FITA	Gilford Castle	BAC
Sunday 15th	Novel	Hydebank	ROAC

Target Shoots 2013

Date	Shoot	Venue	Club
December			
Saturday 7th	Combined Fiat 18 & 25		STAC
Saturday 7th	British Junior Indoor Champs	England	GNAS
Sunday 8th	British Senior Indoor Champs	England	GNAS
Sunday 8th	Competition TBC		CoB
Saturday 21st	Double Portsmouth – Xmas Shoot		NICS

Archery Classifieds



A luv'ly set of arras, as used by Sitting Bull himself

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

LOOKING TO SELL
30lb Medium SF Elite Carbon Foam Recurve Limbs. I shot them for less than 6 months before getting my Border limbs. New they are £145 plus postage - I'm happy to take offer close to the £100 mark

Anyone interested can check them out here

(<http://www.merlinarchery.co.uk/sf-elite-carbon-foam-recurve-limbs.html>) where they get great review.

Contact **Steve Benton** if you are interested

"So long as the new moon returns in heaven a bent, beautiful bow, so long will the fascination of archery keep hold in the hearts of men."

Maurice Thompson,
The Witchery of
Archery, 1879



Answers to our movie quiz in the last edition

Hunger Games
Character
Katniss Everdeen
Played by
Jennifer Lawrence



Brave
Character
Merida
Voice by
Kelly MacDonald
Robin Hood
Character
Robin Longstride
Played by
Russell Crowe



Avengers Assemble
Character
Hawkeye
Played by
Jeremy Renner



Lough Cuan Bowmen



Bringing in the New Year

The perfect start to the New Year Sunday 5th January is our ICEBREAKER shoot in Clandeboye Estate and a good opportunity to try out the archery presents Santa put in your stocking.



Club nights

Club night is Friday in Ards Leisure Centre from 7.30pm. As with last season we will not be starting shooting until we have enough members in the hall to help with the set up. Please do not leave it to the usual members to do the set up.



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

Search for us on
The Internet
www.loughcuansbowmen.com

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facebook
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Follow us on
twitter
@loughcuansbowmen



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

Around the Web.
Now Here's an interesting picture



Stuck for a Christmas gift?
Need a last minute present?

How about a Louis Vuitton Tribute Patchwork bag. At £23,484

The archery themed approach was interesting

