



**Lough Cuan**  
Bowmen



Issue **1** 2013  
October

# **nTarget** @ **Lough Cuan**

Club Newsletter for Lough Cuan Bowmen



Lots of people have  
ago this summer

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Club News

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Summer Photo Gallery

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Competition Update

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Out in the Field

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It has been a great summer  
for our young archers







Welcome to 'The Bowman'  
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.

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

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## On Target



Congratulations to Sophie Benton and Thomas McCartney new British Champions at the UK Junior Field Championships in July.



Congratulations to Sophie Benton and Thomas McCartney, Jacob McCullough and Rhys Brown for their performances at the UK Junior Field Championships in July.

It has been a very successful season so far for Sophie with 2 British and Northern Ireland records.



Now we couldn't leave it all to the young ones. Congratulations to Michael Ferguson and John Kenny showing off their trophies from recent local and national events







Congratulations to Conor Hall who achieved second place in the British Open Junior Championships in Lilleshall recently with a score of 1263. Conor was a member of the NI team which finished second behind England.



Congratulations to Hilary Robinson who was first in the Ladies Outdoor section of the BLBS International Postal Portsmouth 2012-13.



Belfast played host to the World Police and Fire Games in from 1-10 August 2013. This is a biennial event for serving and retired police, fire, prison and border security officers. The WPFG is the third largest international multi-sport event in the world and the largest ever sporting event to take place in Northern Ireland. Archery was 1 of the 56 sports held at 41 venues across

Northern Ireland with competitors from 67 countries taking part. There were 3,500 volunteers helping deliver the 'friendliest Games ever' and in amongst them there were representatives from Lough Cuan; Ann, Michael, Noel, James and Andy,

Archery was 1 of the 56 sports with the Target Archery being held at Boucher Road Playing Fields in south Belfast while the Field and 3D was held in Hydebank Wood. Over the 3 days of competition Ann, Michael, Noel, James and Andy accompanied and assisted the various competitors on the target range and around Hydebank woods. From all accounts the archery was a great success and the

## Archery Hitting the Mark at the WPFG



*Ann, Michael, Noel, James and Andy who are all volunteers at the World Police and Fire Games field archery competition at Hydebank.*

Lough Cuan Bowmen and woman had a very enjoyable time. No doubt the competitors benefited from the expertise on hand. In an open e-mail to NIAS, Johnny Davis Head of Sports Delivery WPFG 2013 commented, "I am writing to simply say a massive Thank You to you all for your amazing efforts, energy, enthusiasm and professionalism in delivering 2013 WPFG." And we can be sure Ann, Michael, Noel, James and Andy played their part in that.



What might a Scottish archer be doing if he/she was trying to Ding the Doo?







We had joy, we had fun,  
we had shooting in the sun







## Have a go

The 'have ago' sessions are proving to be as popular as ever. Over the summer there have been a number of sessions including Shane's Castle and Tesco's.



Getting ready to have a go at Tesco – after all, 'every little helps'

Lough Cuan Bowmen and women helping everyone one to have a go at Tesco



Shane's Castle proved to be a popular as well as a very scenic event. There was slow start to things on Saturday morning but things picked at lunch time and the afternoon proved to be very busy. People were maybe keeping themselves for the Sunday as it proved to be very busy. It was very encouraging to see so many people wanting to 'have a go' at archery.

The committee would like to thank everyone involved in organising and helping out the sessions.







## Field of Dreams

**Field archery is very popular at Lough Cuan, so here is some information for those new to archery or thinking about going on their first field shoot.**

Shooting in the field is essentially the same as shooting target archery, and very often you find that a good target archer will also become a good field archer. However there are quite a few things that are distinctive to field archery. Field archery as its name implies is shot in the 'field' and this will mostly be in forests or woodland environments. In a field round you shoot at targets, in a forest round you shoot at animal targets and in a 3D round you shoot at life size animal models.

As the field archer will be out in the field for most of the day and you need to plan for the whole course. Apart from your equipment you will also need to think carefully about your clothing, footwear and what kind of food and drinks you need for a whole day of competition. Depending on the time of year you will need to consider clothing for hot weather, cold weather, wet weather or a mixture of all 3 and choose appropriate clothing. Remember whatever you bring you will have to carry it with you. You may want to think about a small backpack or waist pack. As you are in a woodland environment a good sturdy pair of shoes/walking boots are essential they help provide a good stance in the field, and make walking from one target to another in natural surroundings in all weather conditions safe.

In field shooting all FITA divisions are accepted, meaning that there is divisions for; Compound, Recurve, Barebow and Longbow. Archers may also use other traditional bows. The target face which you shoot at is different from the target

archery face. In field archery the target face is gold and black with the scoring segments being divided by a white line. The centre gold (X spot) carries a score of 6 with the outer gold being worth 5 and as you move to the outside of the target you score 4, 3, 2, and 1 respectively.

In field archery the course may be 'marked' or 'unmarked.' The distance you have to shoot to the target is indicated by a marker and will be between 5 and 60 metres depending on the type of bow you are using. A red post is for Compound and Recurve divisions, a blue post is for Barebow, Cadet Recurve and Cadet Compound divisions, a yellow peg is for the Cadet Bare Bow division and the white peg is for under 12 and 15 and beginners. Your feet must be behind the peg when shooting. Groups will be allocated according to the colour peg they shoot from. Groups are generally limited to 4 with 2 archers shooting together from either side of their assigned peg. On completion of shooting a particular target, the group move onto the next target. There is a time limit of two minutes to shoot 3 arrows.

In a field round you will generally shoot 24 targets. (12 marked and 12 unmarked). Targets also range in size. 20cm faces for the shorter distances, 40cm and 60cm for mid distances and 80cm for the longest distances. The 20cm face is referred to as 'bunnies' and are arranged in a vertical strip of 3 and you shoot all 3. You will shoot 3 of each target on the marked course and 3 of each target on the unmarked course

This should give you an idea of what is involved in a field shoot and the best way to find out more about field archery is to take part in a shoot.

**A Field Target Face**





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

**A** is for:

**Archery:** This is the art, practice, or skill of propelling arrows with the use of a bow,

from the Latin arcus. Historically, archery has been used for hunting and combat, while in modern times, its main use is that of a recreational and sporting activity. A person who participates in archery is typically known as an "archer" or "bowman", and one who is fond of or an expert at archery can be referred to as a "toxophilite."

**Anchor:** Also known as the "anchor point." Can be any specific point on the body used as a location to anchor the archer's hand at full draw, most often a spot on the face, such as the corner of the mouth. The bow is drawn to that same location every time for consistency.

**Armguard:** A sheath positioned on the bow arm that prevents the bowstring from slapping the arm or catching sleeves. Also called a "bracer."



Welcome

We have just had another influx of new members and we are very pleased to welcome them to the club. I am sure they will be made feel very welcome. The new members are:

Gordon Hall

Stephen McConnell

Hannah Courtney

Ethan Martin

William Robson

Joe Courtney

John McCullough

Finlay Graham

Rodger Graham

Dylan Armstrong

They have all completed the beginner's course at Ards Leisure centre and I would like to thank Arthur and John for the training and encouragement that they have given them.





## Brady Ellision

### Spending sometime in the field

It would have been nice if we could have sent someone to interview Brady Ellison in person, maybe next time. Known for his target shooting (probably an understatement) Brady Ellison is shooting in his first World Games in the recurve field archery event. Here are a few of his thoughts on the subject.

#### *Going from the Medal in World Cup to the World Games, how do you handle the transition from target archery to field archery?*

It's good, I really enjoy field. This is my first international tournament, and I really love it. I wish there was a field tour like a World Cup, I would shoot a lot more field tournaments. To me it's like back when I was shooting my compound bow and shot 3Ds. Its unknown strategies, you have to guess everything and make good shots. I'm really excited to be here right now.

#### *How long have you been shooting field archery?*

This will be the fifth field tournament that I've ever shot. I shoot our field nationals in the United States and generally two days before the tournaments get sight marks for every distance and then go shoot (laughs). How hard was it to win the trials over your Olympic teammate Jake KAMINSKI, who is the world field silver medallist? Jake's a good shooter and he outshot me by a bunch on the unmarked day. I'm good on the unmarked side, but I misjudged a couple of 80cm faces, that's what gave Jake his lead. He shot really well, and even on the marked day he shot well. But on that day I didn't miss. Everything was in the yellow, and I just outshot him a little bit and was able to come here.



Graphic Source: <http://foundwalls.com/?s=archery>

#### *What do you like better, marked or unmarked distances?*

That's a tough question. The unmarked is a little easier because it's shorter. I do like the marked side of things just because the target sizes are so small and they are stretched out so much further, which makes it a lot more difficult to score high.

#### *How long have you been training for the World Games?*

Today! (laughs)... That's the truth! Yesterday I built a sight tape for my bow so I spent about an hour getting my distances, and today is the first day that I've shot at field faces since our Nationals.

#### *What does the World Games mean to you?*

I'm really excited about it actually. It's one of the multisports events, along with the Olympics and the Pan American Games. It will be cool to come down here and try to win the World Games. I wish we were staying in a village like at other games, and be able to meet athletes from other sports and see them competing. But here the fact that everyone is spread out in different hotels will make it more difficult. Regardless, I love the multisports events!

Used with permission [World Archery Communication](#).

Extract from World Archery News:

<http://www.worldarchery.org/HOME/News/tabid/3486/ArticleID/9092/ArtMID/3471/language/en-US/Brady-ELLISON-%E2%80%99Ctry-to-get-archery-into-a-professional-type-of-sport%E2%80%9D.aspx#.UfkmPjsqals.facebook>.



“

### Who said that?

“In my time, the poore father was as diligent to teach me to shoote, as to learn any other thyng, and so I think other mene did thyr children. He taught me howe to draw, howe to laye my bodye in my bowe and not to drawe with strength of armes, but with strength of bodye. I had my bowe bought me according to my age and strength and as I increased in them so my bowes were made bigger and bigger, for men shall shoote well, except they be bought up in it”

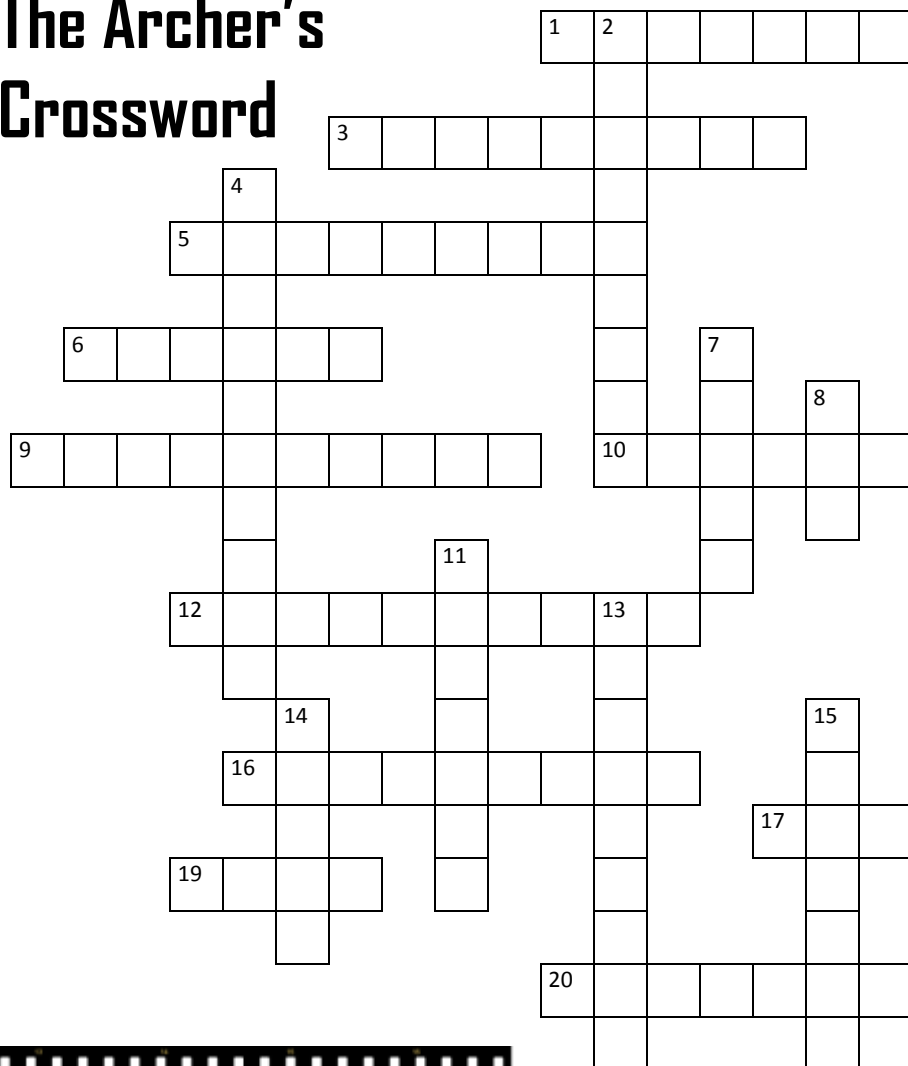
Answer. Bishop Hugh Latimer. 1495-1555 cleric

”





## The Archer's Crossword



### Across

1. Person in charge of the archery range/shoot.
3. Lough of harbours/safe harbours.
5. Used to set the bracing height among other things.
6. Makes exceedingly good arrows.
9. Be glad this spider is only a tab.
10. Used to protect the forearm.
12. King well known for his wives, not a bad archer as well.
16. To shoot one arrow into another.
17. Archery company likes to high five for victory.
19. Term used to indicate danger on the shooting field.
20. Indicates when the archer is at full draw.

### Down

2. Governing body for Great Britain and NI.
4. Country of the men's and women's archery individual gold medal at 2012 Olympics.
8. Two vanes generally the same colour.
11. Distance (metres) shot at the Olympics
13. The art or sport of archery.
14. Releasing the arrow on a fully drawn bow.
15. Helps to absorb the vibration on a bow.
18. A form of archery in which archers shoot arrows toward a flag.

### Saturday Night at the Movies

Can you go 3 – 4 – 3 with archers in the movies?



\_\_\_\_\_ Movie \_\_\_\_\_  
 \_\_\_\_\_ Character \_\_\_\_\_  
 \_\_\_\_\_ Actor \_\_\_\_\_

\_\_\_\_\_ Movie \_\_\_\_\_  
 \_\_\_\_\_ Character \_\_\_\_\_  
 \_\_\_\_\_ Actor \_\_\_\_\_







## Competition Diary

### Field Shoots 2013

Date	Shoot	Venue	Club
September			
Sunday 1st	NIAS 3D	Clandeboyne	LCB
Sunday 15th	Hunting Trails	Castlewellan Forest	BAB
Sunday 22nd	FITA	Gilford Castle	BAC
October			
Sunday 6th	FITA Unmaked	Hydebank	ROAC
Saturday 19th	'Coolnacran Classic' (FITA Mixed)	Greenmount	BAB
Sunday 20th			
Sunday 27th	FITA Unmarked/ 3D (Pick & Mix)	Clandeboyne	LCB
November			
Sunday 3rd	Big Game	Gilford Castle	BAC
Saturday 16th	FITA Mixed WRS	Greenmount	BAB
Sunday 17 <sup>th</sup>			
December			
Sunday 1st	Festive FITA	Gilford Castle	BAC
Sunday 15th	Novel	Hydebank	ROAC

### Now there's a thought

"If archer shoots just for fun  
he has all his skill.  
If he shoots for score his hands tremble  
and his breath is uneasy.  
If he shoots for a golden price  
he becomes mad and blind.  
His skill was not lessened, but the vision of  
the target changed him."

Chinese Proverb

### Target Shoots 2013

Date	Shoot	Venue	Club
<b>September</b>			
Saturday 7th	Phil Gordon Mem & Challenge to Youth – Plymouth & V 3 Spot		B & D
Sunday 8th	Charity Shoot		BAC
Saturday 14th	Portsmouth		CAC
Saturday 14th Sunday 15th	All Ireland Series Final		IAAA
Saturday 28th	Portsmouth		MCA
<b>October</b>			
Saturday 5th	P. A. A. Round		CAC
Saturday 12th	Portsmouth		CCoA
<b>November</b>			
Saturday 2nd	Double Portsmouth		STAC
Saturday 9th	FITA 18 & V 3spot		LCAC
Saturday 16th	Winter Challenge FITA 25		MCA
Sunday 24th	British Barebow Championships X11 [FITA18] WRS	BLC	
Saturday 23rd Sunday 24th	Open Indoor Championships		IAAA
<b>December</b>			
Saturday 7th	Combined Fita 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



## A G M

The Annual General Meeting for Lough Cuan Bowmen was held on Wednesday 4th September in Ards Rugby Club at 7.30pm. The current committee stood down and a new committee was voted in.

The presentation of the award for most improved Archer went to Michael Ferguson and most improved Junior Archer went to Sophie Benton.

Here Alex, I haven't seen them boyos and wemen with the bows about lately

Maybe we'll get a wee dander across the field, without dodg'n arra's



### Club nights: Back in Ards Leisure Centre

From Friday 6th September we will be back indoors at 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.



### The Empty Page

Have you an idea for an article or something you would like to see in the magazine to help fill this page?

### Don't Forget

Club members, a big thank you to everyone that has re-affiliated for the year. So far we have 41 members signed up. I know are losing a few due to work and family commitments so I wish them all the best and remind them that they will always be made welcome if they call in on a practice night.

To those members that have not signed up again, sorry but you are now no longer able to shoot at an archery event or at any club night. This is primarily for affiliation and insurance purposes. We will still be taking fees on club nights. Once payment is made you will be able to shoot.

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

