



# onTarget

@ Lough Cuan

September

Club Newsletter for Lough Cuan Bowmen

Issue 5 | 2014



**Success for Sophie**

**World Field Championships**

**Summer Nights**

**'Had us some fun...'**

**Judges Corner**

**Keep on the right side**

**Clandeboye Highlights**

**The Contemplative Archer**

**Have a Go**

**Every Little Helps**



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.

In the newsletter we 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 alike.

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

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



03

Meet the Committee

04

Success for Sophie

05

Club Achievements

06

Summer Gallery

08

Judges Corner

09

Clandeboye Shoot

10

Shooting Indoors

12

Have-A-Go



Club President  
Noel Tennyson



Club Secretary  
Michael Ferguson



Treasurer  
Steve Benton



Safe guarding  
Officer  
Richard Cowan



Equipment Officer  
James Lowry



Junior Club  
Members' rep.  
Robert McCausland



Senior Club  
Members' rep.  
Chris Miller



Tournament Organiser  
Gary Millar

## Meet the Committee

**The running of the club is important. At the AGM the new committee was elected**

At the Annual General Meeting, the current committee stood down and a new committee was voted in. Alvin who had been club treasurer did not stand for re-election and Steve Benton was elected as Club treasurer. Noel who had responsibility as Tournament Organiser did not stand for re-election and Gary Millar was appointed as Tournament Organiser. The club would like to acknowledge and thank Alvin and Noel for the considerable time they put into their respective roles and the manner in which they carried out their responsibilities.

In Lough Cuan there is a considerable amount of work; registrations, administration, organisation for shoots and club nights, safe guarding, publicity, media, finance, maintenance of equipment that goes on in the background to ensure that the club runs efficiently and effectively.

It is important to recognise the work that the committee does and for members to encourage them and help whenever possible.



## Silver for Sophie at World Archery Field Championships



Congratulations to Sophie who won the silver medal at the World Archery Field Championships in Zagreb in August (Junior Barebow)

This is a terrific achievement as this was her first major competition and there were competitors from over 28 countries represented.

The competition took place in Zagreb's oldest public park, Maksimir Park. The first day of competition, was the unmarked round followed on day 2 by the marked round. At the end of the qualification rounds Sophie finished 4th, ensuring a semi-final play-off.

In the semi-final, Sophie had the difficult task of coming up against the number 1 seed, Jessica Nilsson from Sweden. However, Sophie was undaunted and remained her calm usual self, winning 41-27. Sophie would then face Italian Anna Carrasco in the shoot-off for Gold/silver.

The final was streamed on the internet by World Archery TV and meant an early start for many in Lough Cuan and I imagine an excited, nervous and proud Benton family watching at home. The final was a very tight affair and Sophie showed very little sign of nerves, taking an early lead. At the end of the set targets both archers finished with 42 points, which meant a one arrow shoot-off to decide the gold medal. Anna Carrasco scored five points and just denied Sophie the gold medal.

Top photo: World Archery  
<http://worldarchery.smugmug.com/WORD-FIELD-CHAMPIONSHIPS/2014-Zagreb-CRO/DAY-6/#/>



"What a star Sophie's been – she did not show any signs of nerves. A silver medal and she has only been shooting for two years," said Team Great Britain manager Gloria Mead.

**Belfast Telegraph**  
Sophie Benton strikes silver with her magic arrows  
**Chronicle**  
THE NEWTOWNBAKER & CO. TOWN CHIEF  
Archery World Silver for Sophie





## Success for Lough Cuan at NIAS Club Championships



Congratulations to the team of Conor Hall, Matthew Hall, Thomas McCartney,

Rory Fitzpatrick, Chris Millar and Michael Ferguson on their victory at the NIAS Inter Club Championship. All the team put in strong performances and shot very well. Also, well done to Raymond Brown, (Inset) who joined a mixed team of archers, who finished in a credible 4th place.



Lough Cuan enjoyed success at the All Ireland Series Final 2014 held at Boucher Road on 21<sup>st</sup> September



Connor Hall  
Gold Medal.  
Junior Recurve Men.



Matthew Hall  
Silver Medal  
Cadet Compound Men.



**"You don't have to be great to start, but you have to start to be great"**

**Zig Ziglar**

**If you have an achievement/success in archery, Arrowhead, Feather Awards, Coaching, Judging, Competition, please let us know so we can include you in the magazine.**



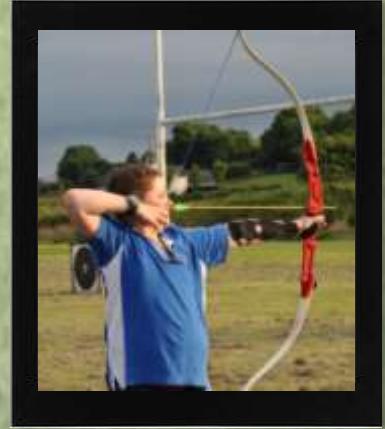


## Thursday Evening on Your Mind

The sun always shone on a Thursday evening – apart from one. Thursday evening at the rugby club was as popular as ever with members coming out for an evening's shooting and a bit of craic.

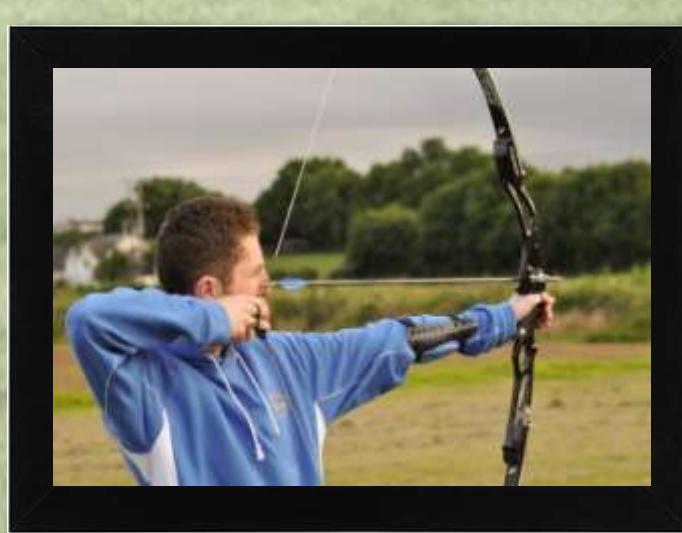


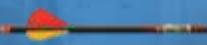
Summer archery had me a blast, oh yeah  
Summer archery happened so fast,  
Summer days drifting away,  
To, uh oh, those summer nights  
Well-a well-a well-a huh  
Tell me more, tell me more





Members enjoying an evening's shooting at the rugby club.





## Judges Corner



1. Can a record status competition take place without the appropriate qualified judge?

---

2. What are the standards of 'Judge in Charge' of the following Record Status Shoots?

1. N.I.R.S. \_\_\_\_\_

2. U.K.R.S. \_\_\_\_\_

3. W.R.S. \_\_\_\_\_

4. FITA Award Shoots \_\_\_\_\_

5. G.N.A.S. Awards \_\_\_\_\_

3. In LCB there are 4 qualified judges. Can you name them and their level of qualification?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. Target – What is the minimum amount of room an archer is entitled to on the shooting line?

---

5. Target - An archer shoots his arrow out of time – What is the penalty?

---

6. Target – An archer shoots an extra arrow.  
– What is the penalty?

---

7. Target – An archer has a 'bouncer.' What is the FITA ruling? The GNAS ruling?

---

8. Field – The archer shoots the wrong line of a 20cm (bunny) target. What is the penalty?

---

9. Field – The 3<sup>rd</sup> archer up goes to shoot the second line of 20cm (bunny) target, but finds that arrows already shot into them. What can he request?

---

10. Field – An archer must be able to shoot his peg from one of 2 positions. What are they?

---

11. Field – An archer breaks a branch off (or moves a shooting peg) because he can't shoot the peg standing upright. What are the consequences?

---

---

12. Field – An archer has equipment failure. How long have they to fix it? How is it dealt with?

---

---

**Thanks to Andy Hagan for providing the questions.**

**So why not test your archery know how?  
Answers are on page 15.**

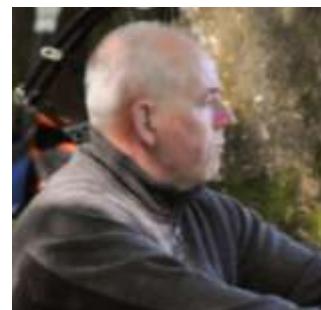
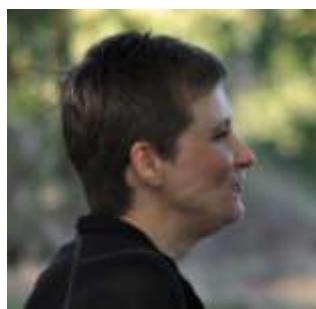


## Clandeboye Field Shoot

It was good to see so much of the LCB blue (and Andy's pink) out on the field at Clandeboye. The weather was perfect and added to the day. There was a good turn out and the feedback from the visiting archers was very good. Thank you to the members for arriving early to help with set up and for staying on to help clear up and look for lost arrows. The help as usual is very much appreciated.



Archers enjoying a well-earned rest. Though, looking contemplative, not all the conversation was on scores and technique. Seemingly the merits of slow cookers were highly debated!





## Shooting Indoors

Now that we are back indoors and with quite a few new members, it is a good opportunity just to highlight the guidelines for shooting indoors



Shooting cannot start until the 'range' has been set up. So if you can come early and help it is appreciated.



All equipment not being used when shooting should be kept to the spectator area.



The archer should remain behind the 'waiting line' while waiting to be called to the 'shooting line.'



When the archer hears the command 'to the line' they move forward to the shooting line to 'loose' their arrows. They will stand with one foot either side of the line. Arrows must only be placed on bows at the shooting line. While on the bow, arrows must always point towards the targets.



Having shot his/her arrows the archer will return behind the waiting line. The bow will be placed behind the waiting line when collecting arrows.



On the command, 'Clear to collect' the archer will retrieve their arrows from the target boss. The archer must always walk to the target boss



When retrieving arrows from the target boss the archer should stand to the side of the arrows to 'pull' them. While waiting to 'pull' arrows, never stand directly in line to the arrows.



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



Once arrows have been retrieved, place them in the quiver and return (walking) behind the waiting line, ready to shoot again.

### 'Captain, my Captain'

The field captain is in charge of the archery range and will call archers to the line and signal when it is clear to collect arrows. Their instructions should be listened to and followed at all times.

If the command **HOLD FAST** is called, everyone must stop shooting immediately. The bow should be brought down and the arrow returned to the quiver or the ground. Anyone on the range may, and indeed should, shout "FAST!" whenever they notice range safety being compromised. Shooting will only resume on the command of the field Captain.





# Lough Cuan Bowmen

Congratulations to Bill James on 25 years as a member of lough Cuan. Bill was presented with his long service certificate by Andy and Noel at the Annual General Meeting.



The award for the most improved junior archer was presented to Sophie Benton and the award for the most improved senior archer went to Paul Meadowcroft





## Having a go at Shane's Castle



**Always prepared**

The 'Have a Go' at the Game Fair at Shanes Castle, 28th and 29th June, proved to be as popular as ever with large numbers turning up to have-a -go. It was a very busy 2 days for the club members helping out. The weather was very good, with suntan lotion even making an appearance. A big thank you, to everyone in making this a very successful event for the club and the public.



**Everyone likes to hit the mark**



**Everyone likes  
to have-a-go**



## Have-a-go At Tesco



Look at that  
blue sky!



And the rain came tumbling down



But we were not  
deterred



# Lough Cuan Bowmen



But we in it shall be remembered-

We few, we happy few,  
we band of brothers;  
For he or she to-day  
that was drenched with me  
Shall be my brother or sister;

This day shall gentle his/her condition;  
And gentlemen and women in Newtownards  
now-a-bed  
Shall think themselves accurs'd  
they were not here,  
And hold their manhood's cheap  
whiles any speaks

That shot with us upon Saint Tesco's day.



As mentioned, the STAR Sessions will start again, around the 17th September, 7.00pm to 8.30pm in Ards Leisure Centre. While primarily aimed at Beginners and Intermediate archers anyone can ask to attend. The hall costs around £14.00 for the hour and a half (or it did last year) which will have to be covered by the participants.

Rather than inviting up to 4 archers on each session we intend to run sessions as workshops, so more participants will bring the individual cost down. Archers are invited to put their names down for sessions - they don't have to attend them all, although the benefit of attending all will accumulate, however, from our experience from last year, we will be asking for payment to cover the hall hire in advance. Coaches are invited to work alongside us should they wish (CPD points can be in offer from regularly working with a higher level Coach).

FITA Feather and Arrow awards will be run within the Club again. I have a few names and anyone who wasn't at the last session can join in as can any new archer if they join at a future date. This award scheme is intended for juniors and some adults (e.g. with disabilities) FITA suggest anyone can ask to do this.



Over the summer an enthusiastic group took part in the beginners course. These are always very popular and a great way for people to be introduced to archery and very often as a result, the club gains a number of new members.





## How well did you do?

### Answers to the Judge's Quiz

1. No

2. Answer

- N.I.R.S – County judge
- U.K.R.S. – Regional judge
- W.R.S.- National judge
- FITA Award Shoots - National judge
- G.N.A.S. Awards - Regional judge

3. Answer

- Alvin Hillocks – County Field
- James Lowry – County Target (indoor/Outdoor)
- Ann Orr – Regional Field
- Andy Hagan National (Emeritus) Target/Field

4. 80cm

5. Loses highest scoring arrow

6. Loses highest scoring arrow

7. Answer

- FITA: Scores the lowest unmarked hole in scoring zone.
- GNAS: Shoot another 'marked' arrow with judge

8. All arrows scored as misses.

9. Archer can ask for them to be removed

10 Standing or Kneeling

11. Answer

1. Archer loses score on that target
2. All archers shooting from that peg or pegs loses the score of that target as it is taken out of the competition.
3. Disciplinary proceedings independent of the competition can be taken against the archer.
4. Archer disqualified from winning awards in that competition

12. Answer

1. 30 minutes
2. Archery group finish shooting the target and stand down. Groups coming through shoot on. If the archer is back inside 30 minutes he is allowed to make up any lost arrows at that target once it is clear. If longer than 30 minutes. The group slots into their next target once it is clear and continues as normal. When archer re-joins the group after equipment fixed, they forfeit all make up arrows to that time.





## Club Night

Club night is Friday in Ards Leisure Centre from 7.30pm. Before shooting can start the range needs to be set up. Any help would be appreciated as with 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.



## Club Fees:

Thank you to all the club members that have paid their fees for the next year. If you have not renewed your membership fees by the 30th of September, you will unfortunately not be able to shoot at the club or any AGB event until you have re-affiliated. If you wish to renew membership, please pay your fees as soon as possible or send Michael an email to let him know if you will not be renewing for another year. For club members that have joined AGB directly can you please bring along a copy of the email from AGR

## Santa Claus is coming to town

Imagine, it's that time of year already. If you are going to the Christmas Dinner, can you let Ann or Margaret know as soon as possible.



## What the best dressed archer is wearing

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



There is always lots to do around the club; setting up for the club night in Ards, preparing for shoots at Clandeboye and Ballywalter. Why not help out from time to time, it's a great way to get to know people there's always a bit of craic and look at the good company you'd be keeping.

# Stay Connected

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