

THE IRISH FIELD ARCHERY

Monthly



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Jul./Aug. 2022
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THE SHREW BOW Challenge



THE LAST
MINUTE UPDATE
FROM **LFAC**



*Stringyellow
Special*





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ABOUT US

PUBLISHER
MALGORZATA MALEK

EDITOR-IN-CHIEF
MARCIN MALEK

**INTERNATIONAL
EDITOR**
LYNN ELLINGWORTH

TRAD EDITOR
MICHELLE JAY

**PHOTO AND
REPORTAGE EDITOR**
LAURENTVILLE

COLUMNIST
OWEN REYNOLDS

YOUTH REPORTER
OLIVIA REYNOLDS

**YOUTH PHOTO-
REPORTER**
MARIA MALEK

**REGULAR
CONTRIBUTOR**
DEIDRE SHANNON

**REGULAR
CONTRIBUTOR**
MATT LATIMER

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EDITOR'S NOTE

*The summer
of 2022 is hectic!*

*Lynn Ellingworth
International Editor*

Dear reader,

Welcome to the ninth edition of The Irish Field Archery Monthly (TIFAM) magazine. For this issue, I have taken up the batten for the Editor's Note. As the 'International Editor' I can tell you one thing, the summer of 2022 is hectic! In addition to the usual events that come about every year, there is the backlog of events from 2020, caused by the pandemic, which are only now coming to fruition. The FFTL hosted the IFAA European Bowhunter Championship, in France, at the end of June. At the start of August, the FAAE will host the IFAA World Field Championships, in Estonia. Closer to home, Wexford Archery will host the UK and Ireland Field Championships on behalf of IFAF on 8-10 July.

Being the voice of international archery, it's hard to know where to begin to describe the range of emotions and experiences that come from travelling to another country to shoot. I say "shoot" purposefully, because there are just as many reasons to go abroad to 'shoot' as there are to go to 'compete'. The say, rightly so, that travel broadens the mind. So does shooting beyond the borders of the Island of Ireland.

I can still remember so clearly my first IFAA Bowhunters, in Stufelden, Austria. Shooting the practice range with the backdrop of snow-capped mountains in the distance, set against bright blue skies was a treat in of itself. The spectacle of 1000+ archers mustering each morning to go out to the ranges is a sight to behold. The feeling of anticipation and excitement at being part of such a big competition gave me butterflies. Watching the volunteers work together over the course of the week was awe inspiring. Being part of the 'Parade of Nations' with my fellow IFAF archers and seeing our name and our colours in amongst all the nations filled me with pride. Best of all, though, was the friendships I made. Writing this Editors' Note 12 years after my first Tournament I can picture the AFBH-R ladies I shot with, many of whom remain friends with to this day. As I write this, thinking back to EBHC 2010 and the good times I had and special memories I hold gives me goose-bumps.

I have had the same experiences of excitement, anticipation and creation of friendships at IFAA Field and Indoor tournaments. Travelling to South Africa in 2018 for the World Field Archery

Championships (WFAC) was my biggest adventure. It's the furthest I have ever travelled. Period. And, were it not for archery, I probably would never have thought of going there. There is something very special about meeting and getting to shoot with archers from the other side of the world... along with familiar faces from Europe. This year, going to Finland for the European Indoor Championships was another great experience. The whole getting back into travel after the hiatus because of Covid, and getting to meet friends I had not seen since 2019 (EFAC)/2020 (EIAC) was a real buzz.

Similarly, I can recall going to my first NFAS (National Field Archery Society) shoot, the Scottish Champs, back in 2011. I had heard such great reports about the shoot and NFAS shoots in general. I was literally bouncing on the spot when a group of us decided to go. I got myself signed-off as an 'Overseas Member' and was like a kid at Christmas travelling up to Belfast Port to catch the ferry to Cairnryan. From my first visit I was hooked. I loved the quaintness of Castle Douglas and the beauty of the scenery in Dumfries and Galloway. From the Scottish Champs I ventured onto the 3D Champs, held annually, on the last weekend of May and the National Champs, held on the third weekend of September. Apart from the two years of Covid, I have gone to the NFAS Champs every year. I also have been fortunate enough to be able to shoot at three South West Challenges. This 8-day competition is an absolute must for any archers' bucket list. I love being a member of NFAS. I am very honoured to be a Designated Sign-Off Officer for the Society and support them by signing off international archers who want to join-up. Until it ceased (2017), the annual jaunt on the Easter Bank Holiday was the starting point of the season of archery travel.

In addition to all of the competitions and tournaments, there is archery for archery's sake. For example, I am revisiting friends in Austria this summer to shoot a plethora of 3D archery parcours in and around the town of Innsbruck. These archery ranges are the equivalent of municipal golf courses at home. You pay a fee, approximately €10-€15, and can shoot for as long as you want. Many of the ranges operate on an honesty box system for both your shooting fee and also the refreshments that are available on the range, held in cool-boxes at various rest stops. It's a brilliant type of holiday, beautiful scenery, lovely towns and villages for 'regular' tourist activities, great food and, ofcourse, as much or as little archery as you want!

One of the things I would encourage anyone to do is to give something a go. This goes for any aspect of life, not just archery. Life is short; live it to the fullest whilst you can. So, with that in mind I would like you to ask yourself (1) Do you enjoy archery? (2) Do you like to travel? (3) Do you like to meet people? If you can answer yes to these three questions then going abroad to shoot is for you. It's not about being 'good enough' to compete. Competing is only part of it, and we do that every time we go to a shoot at home. What 'International Archery' gives you is the opportunity to go on an adventure. You will shoot ranges that are nothing like at home, and you will shoot others where you feel right at home! You will go to countries you never considered going to before, and visit places that are off the beaten path and/or not usually visited outside of the 'tourist season'. You will meet people just like you, who are passionate and enthusiastic about field archery. Make your bucket list, and go for it! Now that you're all fired up, I'll sign-off and wish you happy reading of this months' TIFAM.

If you need any advice or assistance with any aspect of international archery (e.g., IFAA, NFAS, leisure) please feel free to contact me anytime.

NEWS

UPCOMING SHOOTS

16/07/2022

(AI) Leinster Archers All Ireland League Leg 7

(IFAF) National Championship at Ashgrove Archers

17/07/2022

(AI) Leinster Archers All Ireland League Leg 8

(IFAF) National Championship at Ashgrove Archers

(IFAA) Bowhunter Round, Foyle Valley Archery Club.

23/07/2022

(AI) Millennium Archers Full FITA 1440

D15 PC63, Sheephill, Dublin, Co. Dublin, D15 PC63, Ireland

24/07/2022

(IFAF) Swan Lake

(NIFAA) Road Show - Larne

26-28/07/2022

(AI) EIC, Limerick

28/7/2022

(AI) Leinster Archers All Ireland League Finals

30-31/07/2022

(AI) Harbour House WRS 720/1440 July

(SIFA) NATIONAL Championship, LIMERICK FIELD ARCHERY CLUB

5-13/08/2022

(IFAA) WFAC 2022 - Estonia

6/08/2022

(IFAF) Kilmore Archery Club 3D Animal Round

7/08/2022

(IFAF) Galtee Archery

(SIFA) Three Counties Archers

13-14/08/2022

(AI) Slaney Archers 3D - 2 Day WRS

15-20/08/2022

(AI) European Youth Championships 2022 (Lilleshall)

14/08/2022

(IFAF) Dunbrody Archers

**IRELAND'S TEAMS BROUGHT BACK A
ARMFUL OF MEDALS FROM THE EBHC
2022 IN CONFOLENS, FRANCE!
CONGRATULATIONS ON THE WINNER'S
FORM!**



Junior Male Barebow Recurve

Padraig Carroll Bronze

Young Adult Female Barebow Recurve

Olivia Eady Silver

Young Adult Male Barebow Recurve

Gerard Eady Silver

Adult Female Bow Hunter Recurve

Lynn Ellingworth Bronze

LIST OF UKIFAC 2022 MEDAL WINNERS

Alec James	EFAA	VM	BB-C	N/A	297	297	0	594	1	Champion
Jolene Kohne	NIFAA	AF	BB-R	C	284	250	0	534	1	Champion
Stephen Havranek	SFAA	AM	BB-R	A	461	452	0	913	1	Champion
Mick Seery	IFAF	AM	BB-R	A	397	408	0	805	2	
Se Kelly	IFAF	AM	BB-R	U/C	314	314	0	628	3	
Amber Kelly	IFAF	JF	BB-R	U/C	155	175	0	330	1	Champion
Evan Fraser	SFAA	YAM	BB-R	U/C	260	230	0	490	1	Champion
Helen Harris	EFAA	VF	BH-C	N/A	280	203	0	483	1	Champion
Lynn Ellingworth	IFAF	AF	BH-R	B	336	313	0	649	1	Champion
Isabella Fraser	SFAA	AF	BH-R	B	260	230	0	490	2	
Fiona Smith	IFAF	AF	BH-R	C	184	226	0	410	3	
Mark Deevy	IFAF	AM	BH-R	U/C	348	334	0	682	1	Champion
Jordan Aitken	SFAA	AM	BH-R	B	213	195	0	408	2	
Lily Anne Craven	IFAF	JF	BH-R	U/C	99	145	0	244	1	Champion
Adrian Chadwick	NIFAA	VM	BH-R	N/A	270	253	0	523	1	Champion
Makenna Chadwick	NIFAA	YAF	BH-R	C	183	162	0	345	1	Champion
Anna Hunter	NIFAA	AF	BU	U/C	464	469	0	933	1	Champion
Steven Wishart	SFAA	AM	BU	A	508	511	0	1019	1	Champion
William Wells	NIFAA	AM	BU	B	468	479	0	948	2	
Don Bradley	IFAF	SR	BU	N/A	468	474	0	942	1	Champion
John Angiolini	SFAA	VM	FS-C	N/A	477	470	0	947	1	Champion
Susan Agnew	IFAF	AF	FS-R	A	441	421	0	862	1	Champion
Colin Wittton	SFAA	AM	FS-R	A	471	486	0	957	1	Champion
David McCaffrey	IFAF	AM	FS-R	U/C	399	380	48	827	2	
Bill Cashman	IFAF	AM	FS-R	B	371	408	37	816	3	
Michael Creech	SFAA	VM	FS-R	N/A	345	404	0	749	1	Champion
William Marr	SFAA	VM	FS-R	N/A	254	265	0	519	2	
Claudine Jennings	SFAA	AF	FU	A	523	533	0	1056	1	Champion
Rose Sandilands	SFAA	AF	FU	B	494	488	0	982	2	
Lauren McConnell	IFAF	AF	FU	B	435	411	0	846	3	
Jim Metcalfe	EFAA	AM	FU	A	538	537	0	1075	1	Champion
Robert Hall	IFAF	AM	FU	A	533	519	0	1052	2	
John Davidson	SFAA	AM	FU	A	505	509	0	1014	3	

Calum Beattie	SFAA	JM	FU	U/C	491	464	0	955	1	Champion
Sean Morrissey	IFAF	JM	FU	U/C	440	431	0	871	2	
Alistair Whittingham	SFAA	PM	FU	A	536	540	0	1076	1	Champion
James (Sandy) Goodings	EFAA	SM	FU	N/A	447	441	0	888	1	Champion
Deldre Shannon	IFAF	VF	FU	N/A	388	407	0	796	1	Champion
Simon Holmes	EFAA	VM	FU	N/A	525	523	0	1048	1	Champion
Michael Cooney	IFAF	VM	FU	N/A	518	529	0	1047	2	
John Kerr Sneddon	SFAA	VM	FU	N/A	512	519	0	1031	3	
Michael Mattingley	EFAA	AM	HB	N/A	152	139	0	291	1	Champion
Sally Mattingley	EFAA	VF	HB	N/A	35	33	0	68	1	Champion
Graham Anderson	WFAA	VM	HB	N/A	149	146	0	295	1	Champion
Anthony McDermott	IFAF	AM	LB	B	154	208	0	362	1	Champion
Mart Murk	IFAF	AM	LB	U/C	153	156	0	309	2	
Andrew (Mark) Hall	WFAA	AM	LB	C	139	117	0	256	3	
Louise Cashman	IFAF	JF	LB	B	84	98	0	182	1	Champion
Luke Bannon	IFAF	JM	LB	C	92	81	0	173	1	Champion
Patricia Bannon	IFAF	SF	LB	N/A	33	51	0	84	1	Champion
Brian Claisse	SFAA	SM	LB	N/A	208	195	0	403	1	Champion
Tom Joyce	IFAF	SM	LB	N/A	145	151	0	296	2	
Sandra Anderson	WFAA	VF	LB	N/A	174	155	0	329	1	Champion
Coleen Moore	IFAF	VF	LB	N/A	74	61	0	135	2	
Deldre Ní Dhubhghaill	IFAF	AF	TR	C	125	111	0	236	1	Champion
Marika Koovit	IFAF	AF	TR	U/C	109	87	0	196	2	
Andrew Wayland	IFAF	AM	TR	U/C	238	232	0	470	1	Champion
Nick Anton	IFAF	AM	TR	C	233	167	0	400	2	
Greg Whelan	IFAF	AM	TR	U/C	116	129	0	245	3	
Olivia Reynolds	IFAF	CF	TR	C	348	310	0	658	1	Champion
Brian Murphy	IFAF	CM	TR	N/A	413	346	0	759	1	Champion
Robert McHugh	IFAF	CM	TR	N/A	348	311	0	659	2	
Shannon Griffiths Benton	IFAF	JF	TR	U/C	76	86	0	162	1	Champion
Dennis Watson	SFAA	VM	TR	N/A	284	287	0	571	1	Champion
Terence 'Doc' Smith	IFAF	VM	TR	N/A	268	285	0	553	2	



Should we ask ourselves? What is it about archery that draws us in? Why not horse riding or football, a cross-country race or perhaps karate? Among the dozens of possible answers, there will be at least one in common: archery is a sport that excludes no one. This was particularly evident at UKIFAC 2022. Looking over the crowd of this year's competitors, I supposed that the Central Statistics Office personnel might as well have felt like a child in Disneyland in their midst. And let's not pretend as I could see it through your gazes, we were all like kids at Walt Disney Park - excited, brimming with hope along with a slight touch of apprehension.

This year's competition took place in Ireland, in County Wexford, amidst the beautiful setting of the Gregorian era Woodville House, perched astride the banks of the River Barrow and owned for generations by the Roche family.

The unique atmosphere of the competition, this pervasive yet difficult to measure bonding spirit of mutual respect and amity occurred largely due to the efforts of the event's organizers and hosts. In doing so, they accomplished something unprecedented - a microcosm glittering from the brilliance of the stars swirling in it.

UKIFAC is a recurring archery event covering England, Scotland, Wales Ireland and Northern Ireland and is held by one of the member associations every year. This time the event was hosted by Wexford Archery Club on behalf of the Irish Field Archery Federation (IFAF). Some hundred archers from all member organizations attended at Woodville House. The venue spanned two days over which archers shot the Hunter and Field Rounds. The weather did not disappoint, and one might even venture to say it was very kind offering around 25 degrees Celsius each day - which in Ireland may be considered an accomplishment on its own.



Both ranges were prepared in a most professional way, with an extensive amount of work by members of the Wexford Archery club evident at every step. Competitors quoted a high degree of difficulty while emphasising the quality of groundwork for the event, translating into good spirits and a friendly atmosphere.

The Hunter course beheld a rugged forest, with quite a few tough shots. Many of the archers spoke of an interesting target placement for, as it was repeatedly said, none was what it seemed at first.

Knowledge of nature and exposure of the terrain at different times of the day played an integral part in designing the course. In this instance, the subtle play of light appeared to be the course setter's secret weapon.

The field course proved no less challenging, particularly the far targets, described by

Greg Whelan, a bronze medallist from Laois Archery Club, as notably confusing owing to the barely perceptible slope of the terrain.

Seeing the tired and sunburnt faces of those who completed both rounds, it was easy to guess that this happen to be a very demanding competition, both physically and mentally, best reflected in the play-off between two competitors from Ireland, who scored identical points within the same category. Dave McCaffrey and Bill Cashman gave a true demonstration of their archery skills in an uncompromisingly grueling extra time shoot-out, ultimately won by Dave's masterful self-control.



Dave and Bill battling the heat and the constraints of the psyche



Nevertheless it should be noted, despite the theatrics of the episode, both competitors interacted with respect and a high level of personal culture, displaying moments of friendly banter.



In conclusion, one could use the old proverb, "If you find yourself with a friend, every hurdle along your path turns into a child's play. And indeed, tournament ambiance was nothing like the typical athletics game, where the main goal of the contest is the result. Yes, everyone tried to achieve the best possible score, but not at the cost of the bonding that brought the competitors together. Top archers both amateur and professional, children, youngsters, and veterans turned up both days. The organisers, in good conscience, were able to say of their work that, it bore fruit. This was apparent at the medal ceremony, where the emotional winners shook hands in appreciation and, in several cases, embraced each other whilst covertly wiping away tears of joy! The only shadow that stood out very clearly against the backdrop of this archery celebration was, to my surprise, the utter absence of the Irish Field Archery Federation authorities - surely there were good reasons for this.

Hot and cold drinks, as well as a range of confectionary treats, were served in between rounds, plus at the end the hosts surprised everyone with refreshing Wexford strawberries in whipped cream!

So was it worth spending two days in Wexford? All of you in spirit know the answer, I for one can say with a clear conscience that it was. As well as the purely sporting benefits, attending such venues offers us a rare opportunity to better understand the world, meet new people and appreciate who they are. Near the end of the competition, when we were discussing the shoot-off between Dave and Bill, Don Bradley said to me and Owen Reynolds: "I've been quite a long time around this world and I've seen a lot: archery is 70% a play of the mind, the body is merely an instrument in the use of reason." It was for conversations and guidance such as this that visiting Woodville House proved worthwhile. I had a dozen or more of them, met a handful of new people, heard plenty of hints and tips on how to keep in shape and how to overcome limitations of my own - will I remember them all and put them into practice? Probably not, but that's okay, thanks to them, thanks to the opportunity to interact with you over these two days, I have gained a new perspective, I can see and understand more than before. That's why events like UKIFAC are hugely important - they broaden the horizon at every possible level.



THE SHREW BOW Challenge



Michelle Jay



The first ever Shrew bow challenge took place in Eisenbach, Germany on the weekend of the 27th -29th of May on the Parcours at the Bogensport Hotel Bad. It was the first ever tournament where all the archers competed with the same brand of bow. The rules were very straightforward, only Shrew bows could be shot. No class distinctions, no other restrictions applied, simply shoot 111 targets. One arrow scoring 20 per kill, 10 per wound and 0 for a miss. This event was publicised on Shrewbow groups across social media, with links to apply online.

For those of you unfamiliar with Shrewbows, they are extremely short, powerful, fast hunting bows. Designed by the iconic Ron La Clair in the 1990s, the champion archer, pioneer and even poet



invented an enduring and covetable hunting bow which is as highly sought after now as ever. He designed the forward pointing handle to reduce torque and give precise alignment which improves consistency. Shrew bows are reliable and remarkably stable in the hand, they are super smooth to draw with no stack and deflexing limbs that transition into a graceful reflex arch. They are certainly eye candy, but so much more than just a pretty bow. The American bow hunting community embraced these 52-54" Shrews, and throughout the history of these bows, demand has outstripped supply. Although Ron La Clair recently passed away, his

legacy is secure, thanks to an historic agreement between Ron La Clair, Tim Cosgrove, and Henry Bodnik, which committed each to preserving the spirit and quality of Shrew Bows and making them available to archers all over the world.

Shrew Bows are extremely accurate and perfectly balanced. They are available in three types with many options for semi and full customisation. The three models are the Classic Hunter II, the Lil Favourite II and the Super Shrew II. All three versions are united in their shortness, speed, power, and accuracy. The Classic Hunter II is available in 52- 56-inch versions,

from 20 to 80 pounds as standard. The Super Shrew II is the choice for archers with longer draw lengths, something I don't need to worry about. For the tall people out there, it's available in 58 and 60" and is suitable for up to 34" draw length. Both the Classic Hunter and the Super Shrew are reflex deflex longbows, but the third type of Shrew is a recurve. The Lil Favourite is a beautiful, elegant recurve which can be either 54 or 56". Although though I'm not lucky enough to own a Shrew Bow, I'm lucky enough to know some wonderfully kind people. Timo Döcher and Richie Huggett both offered to let me use their bows so that I could participate in this historic event. I had a choice of three bows. Timo offered me his Classic Hunter takedown 54", 29lbs @28". Richie offered me his Classic Hunter II Siberian tiger 54" 47.5lbs @ 28" and his brand spanking new, just delivered by Henry Bodnik himself, Autumn Gold Osage Lil Favourite recurve 54" 36lbs @ 28".

I arrived on Friday afternoon and immediately headed out to try these bows. I had previously shot a Shrew only once, when Bjarne Haglund Jamieson allowed me to play with his Siberian Tiger Super Shrew II 60" 39lbs@26" whilst I was visiting his Glasgow fencing and archery academy, Braveheart. I tried all three bows at distances from 10 yards to 40 yards. Although I had expected to enjoy the Lil Favourite the most, as I am mostly a recurve shooter, I actually preferred the Classic Hunter. Unfortunately the Siberian Tiger version felt a little too "heavy", especially knowing that I would be facing 111 3D targets. I usually shoot 35 lbs @ 28, and this bow was 47.5 @ 28". Timo's Classic Hunter was too light at 29lbs@28", and I was concerned that it might be too difficult to reach the further targets. I decided to shoot the Lil Favourite as it was the closest to my usual poundage. All of the Shrew Bows were smooth, precise and I enjoyed shooting each one. I was surprised by how fast they seemed.





The following morning was the start of the actual 111 target Shrewbow challenge. We all assembled to hear Henry Bodnik talk, although unsurprisingly, most of it was in German so I did not understand. After our introductory talk we headed up the mountain in our groups. I got lucky with Timo, Richie and Stojan. One hundred and eleven targets are a lot, even in a one arrow round. We covered approximately 13km and it was definitely a challenge to complete it, especially when we realised that we had not started at target one, so we were not finished at target 111. By the time we finished, it really did feel like we had accomplished something. I was pretty exhausted after the challenge, and I don't really remember much about that evening. I think some people took part in the Archery time Shooting Cinema, but I certainly wasn't looking to shoot anymore.

The finals took place the following morning. As a gap shooter using an unfamiliar bow, I had known that I would never be in the running for a place, but the opportunity to test shoot Shrew Bows all weekend and take part in such an historic event had drawn me, despite this. The finals followed the same format as the Bowhunter Challenge, a running race to collect your bow as you shoot a 3D with a balloon on it. First to pop the balloon goes into the next heat. The weather was appalling, but no one suggested waiting or abandonment. I love watching the finals, particularly the faces of those competing. It's serious, but everyone congratulates each other. There's no shame in losing, it's not really about winning, more of a family who share a passion. I enjoyed watching Timo and Stojan do so well, and receive their top twenty patches, which they totally deserved, as did all who won one. It's really exciting to see a brand give back to the archers who support them, not only does it celebrate the bows themselves, but also those who shoot them, the Shrew Crew.

**12-14
August
2022**

**International Championships
of Poland in Traditional
Archery hosted by PSŁT on the
grounds of the Golub Castle in
Golub-Dobrzyń.**



**Polskie Stowarzyszenie
Łucznictwa Tradycyjnego**

A unique opportunity for historical
archers to test their skills!

Óbidos, Portugal 22 - 25 August 2022



DON'T WAIT,
REGISTER!

MILLENNIUM ARCHERS CHARITY SHOOT



Pre-shoot briefing, welcoming speech and safety talk



Beginners doing their thing



Base of operations for the day with Club President Paul Kelly overseeing a great day



Joan Kennedy Kelly Millennium Archers

And so for my final instalment for this month. Millennium Archers have been on my radar for quite a while now so when it emerged that they were hosting a WRS

Double 720 in aid of St Francis Hospice on 2nd July in Sports HQ in Blanchardstown Dublin 15, I kept that window free. I was also so intrigued by such a relatively new club rapidly gaining recognition and increasing their profile at such a pace that I needed to find out what exactly what so special about them. Now my problem here is this is going to have to be another journey. I am not going to delve too much into their workings because from what I've learned so far they deserve

their own moment when the current June and July competition and championship mayhem finally settles. So therefore, I'm going to return later with a more in-depth review and cover of this very special club.

*stringfellow
Diary
By Owen Reynolds*

Back firstly to what I opened with, the Double 720 on 2nd. of July. This was held at the Sport Ireland Campus in Blanchardstown. Entering this complex for the first time one is struck first by the sheer size of this amazing facility.

They cater for all types of sports practiced in Ireland. Their Olympic standard training facilities cover such pursuits as aquatics, equestrian activities, gymnastics, cross country, cyclocross, pentathlon and of course

archery. More mainstream sports are also accommodated for with their many multi-sport pitches (indoor and outdoor). All who arrive of varying abilities are able to avail of their facilities, from the very young to high performance athletes and everyone in between. The Sport Ireland Campus also extend their amenities to the community with facility rentals, kids camps, sports academies, birthday parties, team-building events, corporate conferences and more. There are inclusive programmes too for athletes with disabilities and people recovering from chronic illness.



So, parking by the outdoor equestrian centre, Millennium Archers had the backstops erected, the faces on and the registration process in full smooth flow.

Archers had travelled from not only throughout Dublin but from County Louth, Limerick, Cavan and even as far flung a land known as Laois. As this was a world record status shoot, everything was, as is typical, closely watched by Archery Ireland judges Hugh Murphy and Andy Holland. Then as usual the call for the obligatory

equipment check went out and air of seriousness descended with that typical last minute bustle of checking if rests are secure, limb bolts tight, strings not frayed and arrows numbered and accounted for. As mentioned in previous editions I have developed a soft spot for the 720s. I don't know for sure why. Maybe it's the focus and almost meditative zone they allow for me, no distractions, just my bow and me. Then again, I think too it's the company I'm increasingly keeping at these events because it's with delight now I recognise certain faces, looking forward to the banter, the catching up, the mutual care and assistance we provide for each other.



The beginners were already there getting in their practice shots. This is another thing I want to return to at a later date to give it fair recognition. There is amazing support provided by Archery Ireland for those starting their archery journey.

The enthusiasm they showed and back-up they received throughout the day was inspiring especially with a sport such as archery which, I'm sorry folks, can be tough, frustrating and incredibly confidence testing. As such lies a testimony to the clubs and their coaches when they can take a beginner and guide them through such travails to the point where they are not just

punching in the hours but instead have instilled a hunger clearly evident from their faces. This is what I bore witness to on the field that day.



Marking and scoring. Not just for the beginners, but this was also a first 720 for at least one archer who went home very happy

So back to the shoot. I had guessed that there was going to be a background to this particular competition that gave rise to its inception. Coming from the vintage vehicle road run scene, I'm aware that many events are run for such similar benevolent causes nearly all of which have a story behind them. There's nearly always a personal connection, a motivation and a desire to acknowledge. So, it was subsequently that I learned that Joan's' father Tony Kennedy had sadly succumbed to a battle with cancer. During those later stages he spent his remaining time under the palliative care of Saint Francis Hospice and so therein was the link. I also learned of the amazing care and support both Tony and his family received from the crew in St. Francis. This particularly touched me, being still raw from my own father passing away not too long before under very similar circumstances. I knew first-hand what such assistance and compassion can mean to a family. Thus, came about a need to acknowledge the work done by St. Francis Hospice, to show them support and show

others a solidarity going through the same heart-breaking process. Chatting with Paul, he explained to me his own father Stan had also passed away from cancer. Unfortunately, Stan was unable to avail of such similar care. Being aware from the passing of Tony of how the pain of loss can be eased somewhat under the blanket of kindness and care, Paul knew how much the same would have meant to his own family with their loss of Stan.

No way was I missing this shoot.



Centre - Joan Kennedy Kelly Millennium Archers

The support for this venture is noteworthy for the support it received from when the idea was first mooted to eventually having Minister of Sport Jack Chambers and Dr. Una May Sport Ireland CEO present on the day, even helping out.

Bernadette Gillis who oversees events and fundraising for St. Francis Hospice deserves a very special mention for the immense amount of work she put into helping this become a reality. You'll notice from some of the photos, archers sporting their St. Francis tee-shirts which were provided

by the hospice. Archery Ireland donated the target faces.

Awaiting final confirmation next week, as I type, €1450 has been raised so far. Millennium Archers themselves provided the club pins, separate to the membership fees and the donations are still coming in.

I don't want to give too much away at this early stage for they are nonetheless of course still only tentative steps. Given the feedback, fun and presence on the day though I'd say we may need to keep a special recurring place open in our calendars before too long.

Just briefly back to the beginners, they performed extremely well. Though there were no medals, and typical of their recognition of the new archer, the highest scorer received a gift voucher that had been donated.

I could list off who did what but the results are available on <https://www.ianseo.net> and they display an impressive performance from all who attended.

Very briefly too as I intend expanding on this inspirational, no longer little, club at a later date, Millennium Archers since first registering in 2020 and weathering the curtailments of Covid-19 have grown to be the second largest target archery club in Ireland.

By the way, as if you didn't know, the Irish Open Target Championships & Club Team Championships were held on the 9th and 10th. July hosted by Wolfshead Company of

Archers in Granard, County Longford. This was a tough one by all accounts but still didn't stop Millennium Archers walking away with 8 Gold and 3 silver and all 13 of their competitors receiving medals.

I've inserted some photo of the day below which only go some way in capturing the intensity of the weekend's competitions.



IRISH OPEN TARGET CHAMPIONSHIPS WOLFSHEAD COMPANY OF ARCHERS (WCOFA)

Sturday Shoot



Saturday club photo. Proud Medallists



Paul Kelly, Compound Men



Joan Kennedy Kelly, Recurve - Beginners Women



LHS Lorcán Crean Millennium Archers, Compound Men



Akos Vadkerti, Recurve - Under 18 Men



Tony Eady, Barebow - 50+ Men



James O'Neill, Compound - 50+ Men



Amanda Kubiak, Recurve - Beginners Under 18 Women



All competitors from Saturdays Comp along with Judges

IRISH OPEN TARGET CHAMPIONSHIPS

WOLFSHEAD COMPANY OF ARCHERS

(WCOFA)

Sundays Shoot.



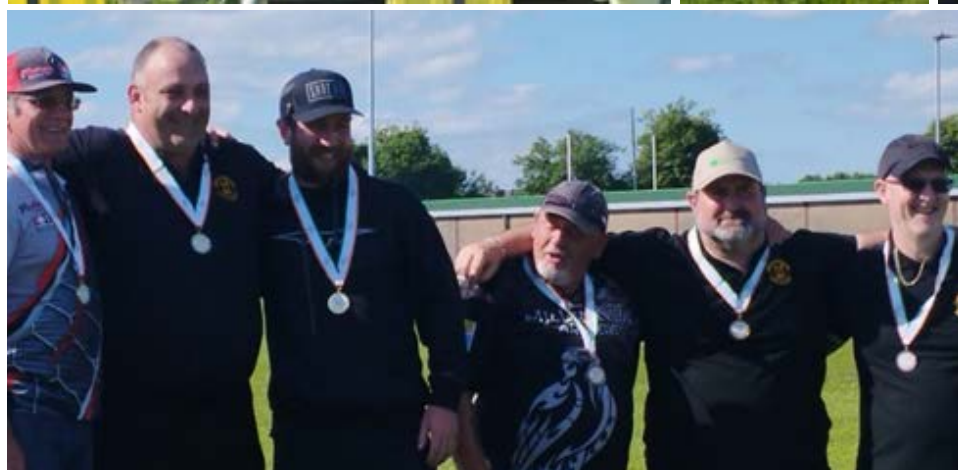
Lovin the mascot



Sunday's Team Championships



Familiar faces. L-R Neil Keetle and Claudia Heinze of Cuchulainn Archers and of course Sharon and Tony Eady of Millennium Archers.



THE WAYS OF CAMPING

BY MARCIN
MALEK

The archery season is in full swing, with a couple of multi-day events ahead and I thought many of us would welcome the opportunity to take a weekend to camp at a friendly club site - these forms of leisure have their fans. Whether you are going on a short-term camping trip with fellow archers or heading off to the mountains to battle nature, this guide has one aim - to save you from getting frustrated. Yes, the outdoors is a great way to recharge your batteries, but the joy of a long-awaited trip can be spoilt by the mischievous ways of fate.

I have been a scouting instructor for many years and have gone on multifold camping expeditions, both long and short, during which circumstances have surprised me, let's say: more than once, but as we know: "what doesn't kill you makes you stronger", so let me share with you my thoughts on preparation.

Let's start with packing, which is the first test of our strategic thinking, and a serious exercise for one's memory, as before you may say that everything is buttoned up, you usually experience a real game of nerves. And if the destination is some distance away from shops and other conveniences of civilization, the pressure can be even greater.

This is where the key concept comes in: the equipment checklist:

Although camping is defined as a kind of improvised setting, there should be no question of improvisation when setting off. For if the plan is to set up a bit further afield than the back garden, various scenarios need to flow across your imagination, and this is where the LIST comes in! It is best to divide it into two parts - things you absolutely must have and so-called "life enhancers", which you can do without, but if you take them along, they will improve your functioning in modest camp conditions.

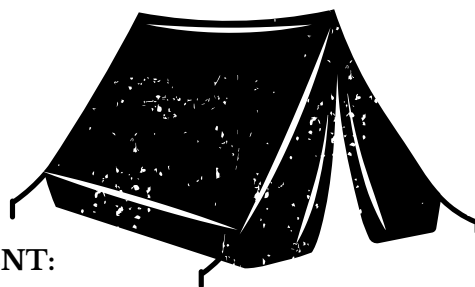
1. LOGISTICS AND A MUST HAVE:

A well-thought-out list is one thing. Even if you manage to collect all the items on it, you may have to give up some of them. Such plans are always checked against your logistical capacity. If a carrier is available, no cuts may be necessary. However, if the camp is to be the culmination of a day hike, then both rucksack capacity and fitness have to be taken into account. The final decision on what to take is usually the result of an uneasy compromise.

Depending on the type and purpose of the trip, two hypothetical options can be assumed:

The first one, when you can go a bit more wild, as you are getting close to the camping area by car, and the camp will serve for, say, a weekend.

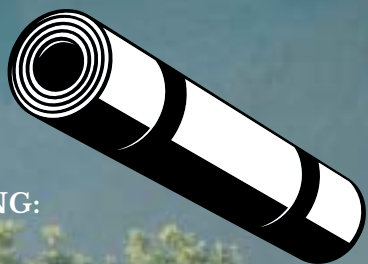
The second is where you should limit yourself in order to save space in your backpack and your strength.



2. TENT:

If you intend to anchor in one easily accessible place, you can afford to choose a large tourist tent or even a very comfortable family one. You will especially appreciate the larger space should the weather break (which happens at least once a day in Ireland) forcing you to spend more time in your "portable home".

When you are backpacking or camping alone, it is best to think of something lightweight that will not weigh you down too much and can be easily unfolded solo. But weight should not be the only criterion to consider. After a busy day, it's a good idea to have a comfortable night's sleep, so sometimes it's better to accept carrying a few extra grams to have a little more usable space. Another consideration is waterproofing (the weather in Ireland is not very forgiving) don't rely on luck - at best it will cost you wet clothes and you may end up with a cold or more serious illness. Make sure your tent has double layers (so-called Tropic) and don't skimp on waterproofing spray. Check your tent before you leave to see if it needs to be repaired, take extra pegs, and be sure to buy self-adhesive spray to repair minor tears! Take spare ropes and a sapper spade to dig around!

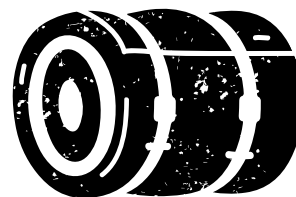


3. BEDDING:

The old rule of thumb is: as you bed, so you sleep, so if you want to really relax, on an "outdoor" bed, you should not save.

For stationary camping, the main criteria should be comfort and good thermal insulation. Think of a good mattress, a self-inflating mattress, or a foldaway bed - the so-called "Canadian"!

If you are preparing for a more demanding hike, reject heavy and bulky models at the outset. Among long-distance hikers, the carrimat is still very popular. Its advantages will be its attractive price, low weight, and higher resistance to mechanical damage. The best ones are those with a thermal film bonded onto them (if you couldn't get one in a shop, you can easily make one at home. This is where the adhesive spray comes in handy again. You can find heat-insulating foil in any DIY shop. Other interesting options are the self-inflating mats and lightweight versions of inflatable mattresses described above, which offer significantly more comfort and excellent insulation. They can also take up less space in a rucksack, although they can be heavier than a carrimat. On top of this, they need to be handled a little more carefully, as there is a risk of punctures. Carrimats, mattresses, and self-inflating mats are all internally very different categories. The materials used and construction details have a significant impact on the performance offered, so think carefully about your choice. Avoid products that are suspiciously cheap - this always ends badly!



4. SLEEPING BAG:

A sleeping bag is another thing you can hardly do without in a tent. If you are "gearing up" for a typical summer weekend trip, you don't need to spend a fortune. A basic sleeping bag with synthetic insulation will suffice. (Even in Ireland, a sleeping bag in a temperature range of 5 to 10 degrees Celsius will surely provide a comfortable night's sleep). A versatile and easy-to-use envelope sleeping bag (which can also be used as a duvet at home) or a lightweight mummy suit will also work well. It is important that the temperature range of the sleeping bag corresponds to the prevailing conditions and that the quality of manufacture is not objectionable. If you are planning off-season trips, it is worth considering a slightly warmer, three-season type of sleeping bag. When going somewhere by car, it is worth taking a warm wool blanket in addition to sleeping bag (just in case).

Fans of backpacking will probably aim for the lightest solutions. If you are not going to an area that is notorious for constant showers, it is a good idea to bring a small, ultralight, and well-breathing down bag. If you want to save a bit of money or are going somewhere with a humid atmosphere, a synthetic one should be the obvious choice. Nowadays, synthetics can be found in the range of top brands with quite small dimensions and limited weight.

In Ireland, I would not buy a down bag on account of the dampness, a good synthetic will do, and there are some on the market that you can confidently sleep in November or even December.

5. CAMPING COOKER:



Summer camping is often associated with campfires and, especially for children, roasting marshmallows, and this undoubtedly has its own unique charm. But what to do when there are no conditions for a campfire. In such situations, a camping cooker, which even can be placed in the vestibule of a larger tent, will certainly come in handy.

It is hard to imagine a longer camping trip without the possibility of preparing a warm meal. Taking a suitable camping cooker on a trip is a way of... reducing the weight of your rucksack. This will happen if you also stock up on lightweight lyophilizers. The fact that such gear is a must is not in dispute. The question is: which specific solution should you opt for? It would be a good idea to take an ultralight model. Alternatively, you could take a different strategy, namely opting for one of the integrated cooking systems. Such a solution weighs a little more, but in addition to the burner, you also gain a practical pot - all with very high efficiency (resulting in, among other things, short waiting times and gas savings).

For short trips by car, a standard two-burner gas cooker (with cartridges) is adequate. Most of these cookers are sold with a convenient carrying case. When it comes to hiking in the wilderness,

denatured or other liquid fuel cookers work well and usually take up very little space. Also, stock up on (convenient to carry) portable fuel tablets. You may also want to keep a few sticks, or board cuttings soaked in corrosive, in a plastic bag in your rucksack. A small bottle of denatured alcohol or spirit won't hurt either. A lighter is a must, but if you prefer a challenge you can also carry flint and a hub. There are a lot of so-called firestarter kits on the web, very convenient to carry, usually in small and flat waterproof containers.

A final option for real hardcore hikers is a homemade hiking cooker from a tin can: in survival conditions, a knife can be used to cut holes. However, when cutting the holes with a knife, preferably one with a thicker blade, I recommend extreme caution. The end result may not be the prettiest, but the most important thing is that the cooker will serve its purpose. If you get carried away with your imagination, you can also use a kitchen cutlery drying container.



6 DISHES AND CUTLERY:



Crockery taken from your home drawer will not be the best option when you are spending time in the field. Lighter and more durable plates, cups, and outdoor cutlery will work much better. If you are not limited by the capacity of your rucksack, you can configure a larger set that will allow you to eat different types of meals comfortably. The easiest and probably most convenient option will be a visit to an army-surplus shop, where you can buy a convenient and practical military kit, a multifunctional usually several-pot meniscus, and clipped-in cutlery.

Hikers, if they do not opt for a compact cooker that already has a pot, will certainly opt for the lightest hiking utensils. Pots made of lightweight and durable titanium (they are, however, quite expensive) or aluminum are ideal in such conditions. What to do when there is not enough space in your rucksack? This is where modern, accordion folding X-Series pots come in handy - with an aluminum base and silicone walls or different configs.



7. FOOD:

The challenge is primarily to prepare provisions for a longer backpacking trip. Difficulties will be piled up for demanding walks away from places where provisions can be replenished. Well, one often falls into a vicious circle here. Exhaustive trekking increases the need for energy, so a filling meal is needed. However, traditional food tends to weigh a little, which also contributes to increased energy loss.

Lyophilized food (space grub) is, therefore, an ideal solution. By mastering the process of "extracting" water from munch, scientists have allowed us to enjoy wholesome meals that are tasty, light, and easy to store and transport. Of course, it is difficult to give up traditional meals completely, but taking a few bags of "lio" along with you will help significantly to reduce the weight of your rucksack.

Quick snacks such as dried beef or energy bars will also be an interesting addition to your diet.

For short trips using the car, it's worth thinking about a tourist fridge. However, don't take perishables with you and hope they'll keep for a few days. A good solution here would be all kinds of ready-made food in bags, such as Chinese soups, tins, or, for example, stew or soup in a can or jar.

Frozen food is out of the question. If you can't do without meat, think about dried or seasoned products such as chorizo or salami. In a survival or army-surplus shops, you may buy tinned bread, which you throw into boiling water for a few minutes or into the fire to have a warm loaf ready after a short while - remember to be careful when removing the tin from the boiling water or fire. Do not assume that you will have access to drinking water everywhere! If you are traveling by car, take a 10 or 20-liter jug, and bring water purification tablets and a few packs of gauze, which you can always use as a filter. You can also buy special water purification filters available at any outdoor shop.

8. FIRST AID KIT WITH CONTENTS:



You may never look at it, but it is an absolute must because accidents happen. If you are away from civilization, it is more difficult to get help quickly, so you will have to fend for yourself in an emergency. You can find both large and mini first aid kits in outdoor shops - configured for different types of trips. Make sure you have medical charcoal, headache aids, remedies for irritated stomach, and a fever reliever in your first aid kit! Don't forget disinfectants and purified dressing gauze. Also, pack a few rubber bands, and make sure you take some adhesive tape with you! In addition to scissors, you will need something like a mini-scalpel or a mini knife. It is also a good idea to take along a small container of natural bee honey or propolis - they help with healing and have antiseptic properties. take one or two tea bags in a plastic sachet, they help to ease irritated eyes.

9. HEAD-TORCH:

It is better not to go camping without one. A good head-torch, which allows you to adjust the light intensity to suit your current needs, is a must when camping. When considering the purchase of one, it is advisable to take into account the type of power supply and battery life.

It is also worth considering a dynamo torch (with a manual pulley) or at least a solar one.



10. POCKET KNIFE (MULTI-TOOL):



Cut, tighten, saw, unscrew? When camping, it is important to be ready for a variety of unusual situations. This is why your expedition gear should include a universal pocket knife, also known as a hiking knife, multifunction knife, multitool, or essential tool. As you can see, there are as many names as there are uses.

11. COSMETIC BAG WITH ACCESSORIES:

A toiletry bag cannot be missing from the camping list. Larger versions with

numerous compartments will allow you to keep track of the cosmetics you take with you to a "stationary" camp. However, hikers will be more interested in minimalist models, made of lightweight material and ready to carry only the most necessary items.

The weight of the toiletry bag, however, is only a small fraction of the weight of the entire pack. In this context, its contents are more important. What to take with you when camping? When spending time in the great outdoors, it is worth thinking about environmentally-neutral products, which are increasingly making their way into outdoor shops. For your own convenience, it is better to choose a product that is universal, concentrated, and comes in a small bottle. And what if we are concerned about having to save water? Rest assured. There are also products on the market for which you do not need them. Sun cream with good sunscreen and bug spray (if you don't have it in your first aid kit) should also be included in your inventory. Don't forget a few safety pins and a needle and thread (preferably a little thicker and synthetic, as these are stronger).



12. A QUICK-DRYING TOWEL:

The sun's rays will not always be strong enough to dry a traditional towel - woven from fluffy cotton - in a flash. Such unpleasant surprises can be avoided by choosing towels sewn from quick-drying fabrics, which absorb and then release moisture well and are also lightweight. There are several solutions. We can opt

for terry towels that feel nice to the touch but take a little longer to dry, or the incredibly small, quick-drying microfibre versions, which are, however, a little more difficult to "handle".



13. ENERGY BANK:

Nowadays, we probably can no longer live without electronics, and these have certain requirements. A good power bank is a device many of us would never leave home without. As an additional option, it is also worth considering the crank chargers available on the internet, particularly handy at critical moments.



"SECOND CHOICE" ACCESSORIES:

In addition to the things that one essentially always takes to a tent, there are those items that are a little less obvious, although also very useful.

The boundaries in this case are pretty fluid and depend on individual preferences and transport capabilities. For some camping enthusiasts, the equipment suggested in this piece will still be on the priority list. Others will find that these are things they can safely do without. Whichever way, the choice is entirely yours.

A. Travel bottle or water container

Although some filters allow you to drink water directly from a body of water, it is also worth thinking about water storage. When camping needs are greater, it is a good idea to invest in a large water container

Mountain hikers will rather opt for something less capacious, such as the recently popular - hiking bottles.

Some rucksacks come with special liquid pouches with a tube through which you can drink without having to take your rucksack off.

B. Outdoor pillow

If you are looking for a comfortable night's sleep, you should also keep this detail in mind. If you are going on a camping trip, there is nothing stopping you from taking a pillow from home. But even better suited for outdoor activities are versions that have been specially designed for such purposes: comfortable and easy to compress and clean. Inflatable or self-inflating. In order to reduce the weight of their equipment, some hikers choose to put a "construction" of clothes under their heads. However, such combinations do not always work. Overnight struggles with a wrecked makeshift construction usually result in sleepless nights. A small and lightweight

travel pillow is therefore worth packing if only to... keep your head calm and wake up in the morning without a sore neck.



C. Hammer and a sapper spade

If it is of good construction you can sharpen one edge and use it as a light ax, the other can be filed down and used as a hand saw. At times I have used the shovel as a frying pan for frying blueberry pancakes. Anyway, the only limit to the use of this piece is your imagination - for me, it is a basic and essential tool for every adventurer. I'd sooner forget my tent than my sapper spade. But I understand that you may not need it ☺ Also take a lightweight rubber-coated hammer - you will save your hands, especially when driving pins into the ground.



If your campsite is going to be your home for a few days and transporting your equipment is not a problem, it is

easy to think of more extras to make your break even more comfortable. Manufacturers of outdoor equipment are racing to come up with various - more or less useful - gadgets such as:

camping furniture,
above-mentioned camping fridge,
outdoor lamp,
picnic blankets and sets,
portable barbecues,
ax (if you don't have a sapper spade),
tourist shower
portable sanitary facilities,
camping washing machines,
all sorts of electric insect and animal repellents,
camping solar panels,
and god only knows what else...



We all have our preferences and requirements, just remember to weigh up our strengths against our means and transport capabilities. Ultimately, the recipe for a successful camping trip is within ourselves, and guides such as this one are in fact only a milepost showing the general direction to go as it is entirely up to us what route we take and where it eventually leads us.

REMEMBER!

Avoid going on solo trips! And if you do, notify others of your destination and expected time of arrival!

Avoid alcohol! This is not just a matter of camping etiquette, the rule of avoiding alcohol has a much deeper and starker basis, as alcohol in large quantities dilutes the blood, so that if there is an accident the bleeding of wounds becomes profuse, which in extreme situations can even result in death.

Don't walk around with your head uncovered, it is a good idea to carry, if not a hat then at least a larger bandana to cover your head if needed.

Don't hike without a T-shirt; by walking around uncovered you increase the risk of strokes as well as insect bites.

Don't go trekking without suitable footwear. Runners are not appropriate for the woods and mountains! Good shoes should have a stiff ankle and at least some protection for the toes against bumps and punctures.

Don't walk in wet shoes, don't wear wet socks, take care of your feet, especially on longer hikes, always carry several pairs of socks and foot cream.

Always carry a laminated piece of paper with your personal details and blood group, especially if you are alone.





IFAF NATIONAL CHAMPIONSHIP

10€ Adult
5€ under 18
per day

20€ Adult
10€ under 18
weekend rate





DAY 1
28 x UAR
3 arrow
DAY 2
28 x UAR
2 arrow

July 16-17
2022



www ifaf.ie Issue 9





SCAN ME FOR DIRECTIONS

Location:

X91 EC80
WADDINGSTOWN,
CO. KILKENNY

The 16th will be UAR 3
arrow x 28 3Ds. Hot food
available to purchase on
the day and soft drinks and
water available. Saturday
night will come to life with
plenty of musicians and
crack, BBQ available that
for campers.

You can come Friday evening 15th to set camping in the field, there will be toilets and a marquee

queue for everyone to gather and sing and BBQ your food or get the chipper or Chinese to deliver.

**Sunday 17th UAR 2 arrow
x28 3Ds. Hot food
available and drinks.
Raffle, teas and Coffee and
finally awards
presentation. We may
come up with other ideas
for Saturday night's
entertainment. Also local
B&Bs available for
weekend**

For more details

CONTACT IVAN

0862680194

DIANE

0876177551

DANIEL

0872218297





STRINGFELLOW DIARY



By Owen
Reynolds

So, some of you may recall or be mindful of my mentioning my coaching assistance from Jim Conroy. This has come to form a significant part of my ever-evolving archery journey, originally starting out like some many other aspects as a curious dabble. I had previously been reading quite a bit on archery form, not to mention watching many videos and series by several archery household names. However, I always felt as if there was something lacking. Maybe it was because of my coming from an engineering background that this irked me somewhat in that here I was in possession of facts

AMONGST MY USUAL REPORTAGE I HOPE TO RUN A SERIES OF PIECES ON JIM, HIS STORY, ACHIEVEMENTS, HIS CONTRIBUTION TO THE IRISH AND WORLD ARCHERY SCENE IN COMPETITION, COACHING AND PARTICULARLY IN THE AREA OF TECHNICAL INNOVATION.

and data and examples but for some irritating indeterminable reason I couldn't bring it all together. I had dismissed coaching as an avenue because being a stubborn individual I was of the view that raw tenacity and independently accumulated knowledge alone would and should in theory suffice. I mean technically it should, shouldn't it??? Friends and shooting partners had suggested seeking out some coaching but of course I dismissed them. The reason for this was that I was actually able to bring in all together, I had my moments, but I could never maintain it. I kept hoping that if I persevered long enough it would somehow all magically all click together giving rise to an enduring level of consistency. And so, after yet another dismal collapse in technique and display of splatter grouping, I decided to take a leap of faith and make a phone call. My desire is not to become a champion archery by the way. I'm not chasing medals, or trophies or accolades. True, it's nice to perform well and receive that pat on the back. I just needed to understand and have it spelled out for me how hard work, practice, form and knowledge could work simultaneously instead of as individual components, that merely possessing and applying facts wasn't enough, that I needed a seasoned professional to guide me in applying them when and where as required throughout the shot cycle.

That call was to Jim.

Developing in a fortnightly routine, I look now forward to meeting up with Jim and Pauline at their home in Summerhill, County Meath. It's also from where his

son Paul operates his shop Shooting Style Jim is still very much active in the coaching and club scene and I regularly bump into some of his protégés at his own little range set-up up in his back garden. We've worked through biometrics, stance, core engagement, the trip-lock, pre-ordination and whole lot more besides. Then on the way home, it's into Harbour House Archery Range to put into practice what I've learned before I forget.

So where am I going with this? Amongst my usual reportage I hope to run a series of pieces on Jim, his story, achievements, his contribution to the Irish and world archery scene in competition, coaching and particularly in the area of technical innovation.

It was towards the end of the 1960s that Jim Conroy began his archery journey. He became Irish National champion in 1967 and over the next twelve years or so proceeded to continuously excel in the sport. The obvious culmination of such persistent hard work was to take part in not one but two consecutive Olympic Games, that in Montreal in 1976 and in Moscow in 1980. Then in 1992 he was the Olympic Coach to the National Team in Barcelona supporting Noel Lynch.

As a result of the experience gained on the international scene Jim worked with all the best Irish Archers throughout the 1980s with some proceeding to represent Ireland at the Moscow and Los Angeles Olympics respectively. During the late 80s and early 90s Jim continued to coach with his students dominating the national scene setting new records in every category. One of whom was Keith Hanlon who was the first Irish Archer to break 1300 using a metal handle designed and manufactured by Carbofast (Emerald Star)

Having already extensively competed he was quite familiar with and experienced in using the mainstream equipment already out there. So, maybe it was by design or perhaps coincidence, but as a composite engineer working in the area of materials science and process engineering, that got Jim to thinking how this technology could be applied to archery, in particular, the design and manufacture of risers. It wasn't just the material he believed could be explored but the whole area of balance, flexibility and stress analysis.

Therefore Jim stopped competing around 1984 to therefore focus on the development of Carbofast , the Archery Stabilisation system.

Before we get into the area of stabilization though, let's very briefly explore the history of the first carbon bow handles. The first carbon bow handles were developed by none other than Yamaha Archery. Now as these were an early foray into the archery circuit, they were relatively basic to begin with. They had no bushings and as such no external additional attachments were possible such as sights or stabilisers. They were still a one-piece bow too.

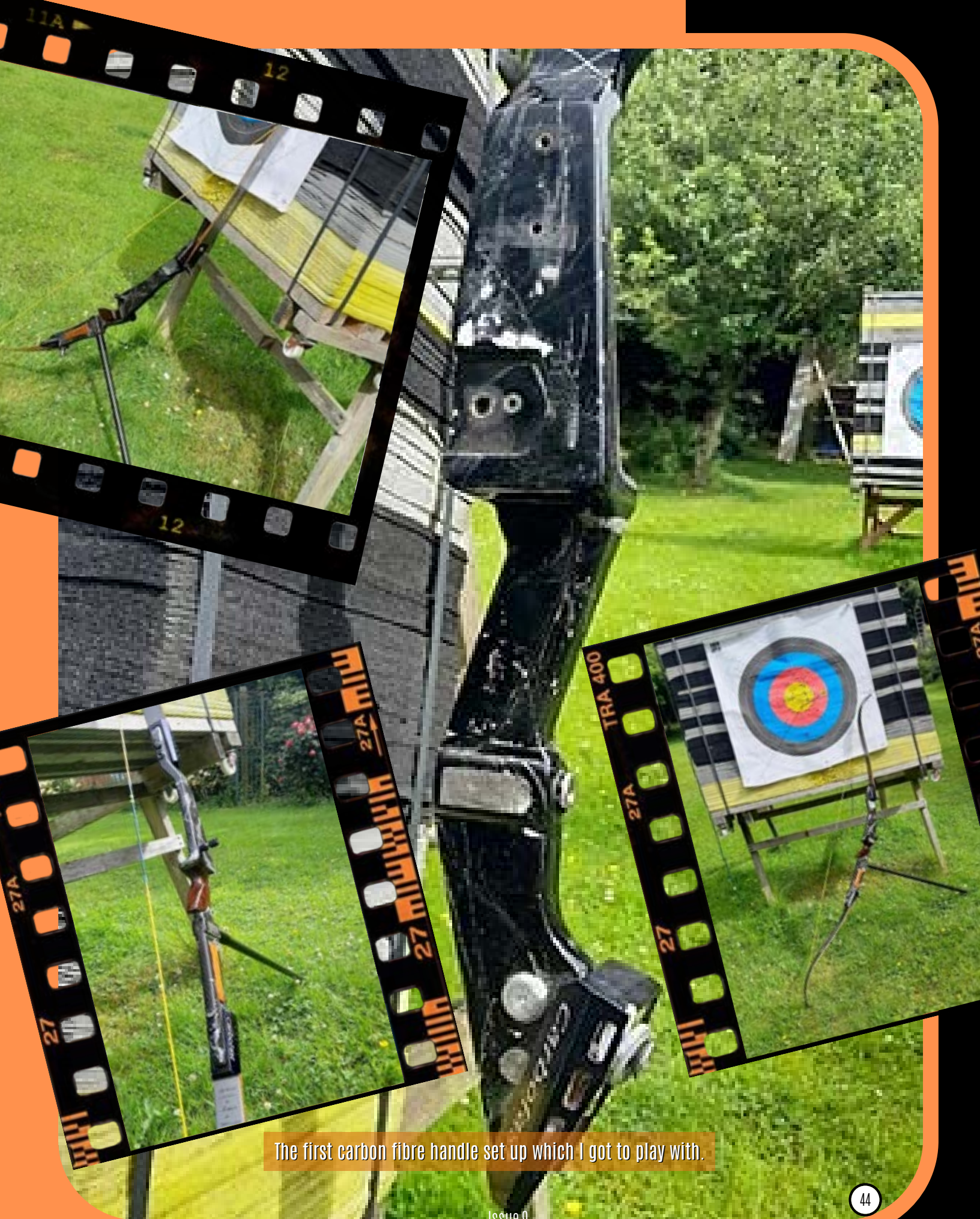
It was in the late 1980s, early 1990s that K.G. Archery (Keith Gascoigne) and Border Archery (Sid Ball) further refined the design with the development of the sandwich system or lamination method. The design for this followed consultation with Jim Conroy on the orientation of fibres. Given his own back-ground in materials science and the nature of his business Jim had already worked with Dr. Matthew Simon of Manchester University and Dr. Michael Gilcrest

of University College Dublin on finite analysis, plotting stresses and strains within the carbon system. So subsequently Sid and Keith developed the first wood core laminated cross-fibre limbs dramatically reducing residual torque.

Throughout this period there was an increasing exploration of and research into new materials and production methods in an intensifying quest for lighter bows without a compromising of tolerances. So similarly Jim Conroy in his own work-shop on the South Circular Road in Dublin took the design to another level, developing what he calls the bladder system. This as the name suggests was a method whereupon the carbon was effectively inflated. It was a moulding system giving rise to extremely high tolerances approaching that of Easton X10 arrows. Jim Conroys South Circular Road operation was mainly for the production of seat belts and foot rests for the aerospace industry. This used the same process as that for carbon risers making the transition from one to the other possible but made feasible by Jims in depth knowledge of materials technology and it's application especially with his own background in archery.

These bows were fitted with bushings allowing greater flexibilities and more options for archers. They were also a take-down, comprising therefore both a carbon handle and carbon limbs. So came into being from K.G. Archery the Paragon, the worlds first and award winning all carbon bow handle or riser. The Paragon Carbon handle and KG Carbon Limbs combination went on to win both Silver and Gold medals in the Para-Olympic games in Atlanta 1996 Sydney 2000 and in Athens 2004 Gold again.

They proved very popular with about 1000 being produced.



The first carbon fibre handle set up which I got to play with.

Then came in a request from the United States for a handle for a compound bow using the same 'bladder' technology. Jim travelled stateside not only to develop the design but to advice on production line and quality control. The new design again include for bushings and limb pocket adjustment. The design was accepted, but a key factor for the venture to succeed was for the quality control to remain the responsibility and close to the client while at the same time producing an affordable bow that would be destined primarily for the hunting market. Production was moved to Sri-Lanka in an effort to keep costs low. However, the limited technical supervisory presence meant a lack of persistent checks and monitoring resulted in quality slipping. The necessary quality checks for such a high tolerance, finely produced simply could not be applied for the price that was being sought. So unfortunately the venture ultimately faded away.

Most bow manufacturers of the time such as Hoyt sub-contracted their work in this new direction out to the aerospace industry given their established experience and infrastructure.

Win & Win brought the technology to new heights. More out of a benevolent curiosity than for financial gain Jim Conroy sent his

'bladder' system method to Win & Win in the possibility it was something that they could adopt and develop further. It was around the same time that Jim moved away from archery to focus more on the aerospace industry.

As an aside, and notwithstanding the focus on the aerospace sector, other items

manufactured by Jim at the time included tree-stands. There were not the festive variety but shooting and viewing platforms for installation at height in trees. These again were incredibly innovative coming in at approximately 11lbs in weight where previously a typical stand would be about 34lbs. To accompany these he also produced climbers, again very light at 22lbs. These were designed using the same bladder carbon forming technology. 19 people were working in his factory then and at their peak during the 1990s a container per month was being exported to the United States with Jim Conroy winning an award for the best archery product.

Of course, to this day Jim continues to intensely coach even borderline hopeless cases like myself (maybe I'm a challenge). He's still very active in the club scene regularly assisting in course set-up, judging and introducing beginners to the competition scene.

Next month I hope to write a bit on his pet subject, the development of Carbofast Archery Stabilisation system.



Jim Conroy at his home in Trim, County Meath

the right TO RAREBOWS



By Matt Latimer

“I really enjoy the competitions every week, and since I’m the youngest there, it’s a great thrill when my team beat the older more experienced members!” Nessa Denvir, Lough Cuan Bowmen member

Lough Cuan Bowmen was founded in 1986 by Ron Bell and Frank Mulligan as a field archery club in Newtownards, County Down – it is also the club I am a member of, so I will try my best not to be biased as I sing its praises.

Situated on the Ards peninsula under Scrabo Tower, Lough Cuan Bowmen is one of the largest archery clubs in the north of Ireland and has three venues to work with in creating challenging field courses. The club meets during the outdoor season of spring and summer, at Ards Rugby Club. In 2019 Lough Cuan hosted the All-British and Open Field Championships at Mount Stewart with a large turnout of archers from England, Wales and the Republic of Ireland making the trip over, not to mention one of the top barebow archers, from France, David Jackson.



“In recent, post-lockdown, times the club has had the fantastic good fortune to have its membership numbers increase, with a 100% sign up from one beginners course. Members have also been working extremely hard to provide a World Record Status qualification round in 3D archery and put on more record status field rounds to provide greater opportunities for archers, not to mention work on designing far more creative and challenging field and 3D rounds. In March, the Red Kite 3D (named as such, because of an alleged Red Kite sitting at the venue of Lord Dunleath’s Estate) attracted a significant number of the entries from archers from the south of Ireland, making a long journey up to compete. At the most recent 3D competition I was at, one archer I was shooting with, remarked about the ‘spider shot’ and how great they thought it was.



The Right to Barebows was a weekly event started last year during the outdoor season and worked to promote the many tyles of shooting. In this instance, barebow has the very broad, umbrella definition of shooting styles, from string walking with modern recurve and compound bows all the way to the English longbow, including trad, horsebows, American flatbows and instinctive. Essentially all non-sighted styles of archery. It’s instinct versus fine-tuning,

wood against metal and feathers contending with rubber vanes. The string-walkers are out gunned, or out bowed, with at least five shooting styles to their two, but employ greater precision and a few gadgets here and there.



The rules of the competition are simple: each week archers representing Team Barebow take part in a shoot off against archers representing Team Trad. The targets can be of any type, field, 3D, 2D or any novelty type. The distance each team shoots from is determined by the shooting style and the experience of the archers themselves. The overall scoring system is determined by the total number of rounds, weeks, won by a team – which again allows for more diversity in target types. The event runs until the beginning of September and whichever team has won the most rounds by then gets to ‘lord it’ over their competitors and be as insufferable as they like until the outdoor season begins again... Oh, and there’s a trophy and various other awards too. As of this article the score is a tie, at 5-5 with Team Trad having made a tooth and nail comeback from 5-2. Again, as a proud wood shooter, I’m trying my best not to appear biased.

This started as a one-on-one type of dual, however the popularity – especially among the juniors – has seen it restructured it as a team event each week, with archers representing each side. Everybody wants to win, and the scores can’t be added up

quickly enough, with numerous disruptions and requests, eagerly demanding to know who has won. Each round seems to be fought with serious competition between the two categories of shooting, from last minute comebacks or merciless mistakes made, resulting in only a few points between final scores – the difference being a missed

arrow, or even a line cutter. Members with flatbows or English longbows or wooden arrows are holding their own against those with modern recurves with their finely tuned system of distance marks and carbon and aluminium components.

As mentioned earlier, the competition is set up with shooting distances determined by archers’ experience and this ensures as fair a competition as possible. With the narrowest of gaps between scores, this system works to give the newest members a chance against the most experienced of club archers. This also led to a positive outcome of the competition which was an increase in the social atmosphere of the club and brought members together. With club sessions held on rugby grounds the members are often spread out, and with past regulations about social distancing, the community feel to the club was waning.

Archery is a sport which is incredibly diverse in terms of how it can be done. The shooting styles are myriad, given that archery has been around from early man, through until today and has evolved and been modified and refined. There is something for everybody and at Lough Cuan Bowmen we want to make sure that as much of this history and culture is available for members.





15m of Barnes

XXIV/V/MXXII

11/12





Leathal

8/4/2022

Matt Kottin



Barebow Demo

1/4/2022

Phil Kline

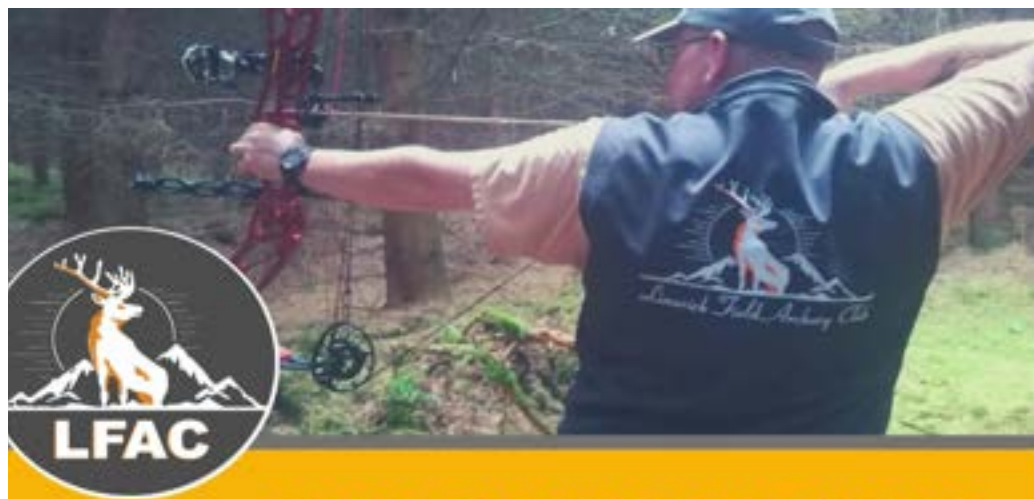
THE LAST MINUTE UPDATE FROM LFAC

By

Andreas

Lallanan

It was with a mixture of excitement and dread that the members of Limerick Field Archery Club (LFAC), took the news that we were to host the 2022 SIFA national championships at our woodlands in Ashroe. Taking on that mantle after the recent and superb 2021 'champs' held at Ashgrove Archers was not going to be an easy act to follow, particularly as it will be Limericks' first time as hosts. The excitement was in the potential for what limerick could bring to the champs, the dread in knowing the amount of work that was going to be needed to bring the event to fruition. Added to this was the clubs pretty busy calendar with many 'Have a Go' sessions, attendance at local fairs, school and scout camps and the regular member's shoots meant a very busy year ahead for the club. James O'Connor the clubs secretary laid out his stall for the event. In his plans, the existing



SIFA CHAMPIONSHIPS
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July 29th to August 1st
Bookings :limerickarchery@gmail.com



18 target SBG course was to basically be totally dismantled and replaced by new 18 target course which would go in the opposite direction to the original course. A completely new 14 target (for UAR), was to be cut in in the old section of the woodlands where most our newer club members have never trod before. A single channel 100 yard shot was to be cut in, with pegs every 5 yards from the 100 yard marker, and if that wasn't enough, a novelty course. There was of course a plethora of other things to think about too, parking, camping, food, refreshments, potholes, advertising, targets, backstops, seating and on and on and on (and oh yes, Covid).



Club member Tony, waist deep in it

The first major task was to cut in the new 14 UAR course which would have to be up and running for the regular members training shoots while the 18 SBG course was being dismantled. That new 14 UAR course, cut through virgin ground, provided us with five foot high briar patches which covered old fallen trees, newly planted Sitka & Pine forestry, boulders, gully's and all sorts of

'other obstacles. The maw of strimmers, drowned out the calls of the resident Chiff Chaffs, briar thorn hands in the evening became familiar, ("not in my string fingers!!").



Views extending South to Galtys

Where we uncovered old walk track or deer path we would try to follow as the going was easier. There were some archer'aeological finds from the time that ground had been used before, old arrows with rusty points and some rope and back stop materials revealed themselves. Avoiding the newly planted pine/stika in the deep undergrowth was tricky and slowed progress. But after many weeks of hard toil by a few dedicated club members a basic navigable layout has been cut in. One or two shots are still being fine-tuned. Bridges and markings are all but done. A final strim will be needed but once fully completed we are very hopeful that the overall course will provide an excellent challenge to the best of us and quite frankly, breath-taking views of the surrounding countryside.



View North East to Keeper Hill

“The Field’. The next big item on the agenda was camping. Although the LFAC woodlands are large there are relatively few areas suitable for tents and none for tents in large numbers. We needed a field. After looking at our options we identified one field (left pic) adjacent to the grounds which was easily reached from our access road. Being ‘a local’ I got ‘the job’ and one evening with cap in hand I drove up the laneway of local land owner Sean Wixted to ask him for the use of his field for the championships. Sean was brilliant and was greatly interested in our activities and was only glad to help out. All he wanted to know was when, and he’d have it ready for us. It does one great good to know such generous people as Sean out there. We owe him a debt of gratitude. Once we got the go ahead on the field we cut in a path from the access road to it. Only a short walk up to base camp, honestly!



Field location



Sean's Field

One hundred yards, that is the question which will be asked of you should you attend the champs at LFAC. Well who out there fancies themselves at 100 yards? This was next item on the to do list, more strimming and hole filling and pacing out, but all who worked on this knew it would be great fun, and so it turned out to be. A one hundred yard shot into a coke can. We hope all will have a go and don't lose too many arrows in the progress!



Camping Field Path



Ger Blaney tries his luck on the 100 yard shot



Chris, Jayson and Jonathan chilling at base camp

Base Camp improvements. We cleared away a bit of rhododendron to clear a bit of space for some new and very fashionable log seating at the base camp which will be a nice spot for a bit of craic banter gathered around a nice camp fire. Who knows maybe a guitar or two will appear and we'll have a sing song. We are dying to find out how the whole acoustic vibe is working out with this new setup! The coffee/tea area also got a face lift, no more rain coming in!



Axe throwing was mentioned. Sure why not, it's not as if we've nothing else to be getting on with! But yes, we've built and tested (we think!), an axe throw target. We'll have it up at the base camp for a little competition for any daring souls who want to give it a go. Who knows it may even sharpen up your archery shooting!



Light at the end of the tunnel, cleared wall on SBG 18 Course

That 18 x 2 SBG course. The next big ticket item. As some were toiling away on the other jobs, James was also busy planning out the new 18 shots for the championship SBG round. Although we thought it would be fairly straight forward, alas no. There was plenty of path clearing, new bridges to install, new arrow hooks made

and positioned. Walls and rocks were cleared.

Backstops moved and installed. Of course all the usual arguments over what would make a better shot were teased out. Hotly actually, a healthy sign in this authors view. Safety concerns aired and addressed. We have some final checklist run through to do and then it will be down to the last jobs of target positioning and pegging out for James and son Diarmuid to carry out, both courses. So we're almost there. But..

Novelty what now? So, we're going to have a novelty course, a little bit of fun at the end (or beginning) of a hard day out on the courses which, if one successfully completes you get a really nice once-off memento pin. Give the metal Deer a go, a miss is destruction so bring plenty of arrows! Can you tag the Oscillating Owls, can you break the Sliding Deer or puncture the Tyre-some Gofer? Can you shoot from the wobbler? Come along and try for yourself. Here's some pics to tempt you.



Metal Deer, Oscillating Owls and Tyre some Gofer



Other. The target range got a face lift. Nice gravel paths now will make it easier to trod. The roof of the cabin was installed. Beer was brewed, amongst others you can have a Blackcastle Stout, an IAC Cider, a Loughcrew Larger, an Ashgrove Berry Cider or even a Carramore Red Ale (thanks to master brewer Peter Wright!)

Of course there was plenty of other small jobs to do. Make a BBQ, fill the pot holes, strim the woodland roadside parking, paint the cabin, get tables, get chairs, organise score cards, targets, toilets, bins, new pegs, medals, sponsors, suppliers, trophies and more and oh yes, a new perpetual SIFA Championship team trophy, with more details on this will be announced before the event.

Blackcastle Stout, one of many offerings at LFAC Champs



Target range gets paths



New pegs !

So, after all this work is finally done, we will have two completely contrasting courses to offer for the 2022 Champs. The open and airy new UAR 14 nested in newly planted forest with its stunning vistas and bird song. We hope provides a really good and new challenge to both competitive and fun archers alike. In contrast to this we have the newly laid out 18 SBG course built one might say, more conventionally into mature Sitka woodland. You might even describe the 18 SBG as being a bit dark and moody. But without the dark, there is no light and that's the beautiful contrast!

A final word of thanks, to our volunteers. To be honest the few lines in this article describing the work done and effort put in does not do it justice, not even close. Any of the SIFA clubs out there that have put on a competition will know and appreciate this. There are those key dedicated club members in every club which without their help, none of this would be possible. Whether stuck in the briars together, covered in paint, aching backs, arguing, laughing and all the rest, genuine heartfelt thanks to you all. When it's all over we'll party as hard as we worked!



Slaney Archers 3D WRS Shoot

Stringfellow Diary - photo story

Just some photos to capture the fun had at Slaney Archers 3D WRS Shoot on the 25th & 26th June at Coolbawn Woods, Rathnure Lower, Enniscorthy, Co. Wexford. It was an extremely professional and pleasant shoot with the deft course setting skills of Garret Byrne once again apparent. Well done to all who travelled and took part. This is a beautiful spot and well worth a visit!



Photo courtesy of Garret Byrne



Shay Fitzsimons BM Wicklow Archers casts a glance back. Photo courtesy of Garret Byrne



John Kearns, Darren O'Brien, Michael Cooney, Alan Kelly. Photo courtesy of Garret Byrne



Here we have Sharon O'Connor BB of Slaney Archers, Ian Fleming BB of Slaney Archers, Shay Fitzsimons BB Wicklow Archers all looking very pleased with themselves. Photo courtesy of Garret Byrne



Photo courtesy of Garret Byrne



Michael Kaikov CM Leixlip, Alan O'Connor CM Slaney Archers and Dylan Nolan CCM and Conrad Nolan CM both of Slaney Archers. Some grouping there lads.
Photo courtesy of Garret Byrne



All together now. Photo courtesy of Garret Byrne.

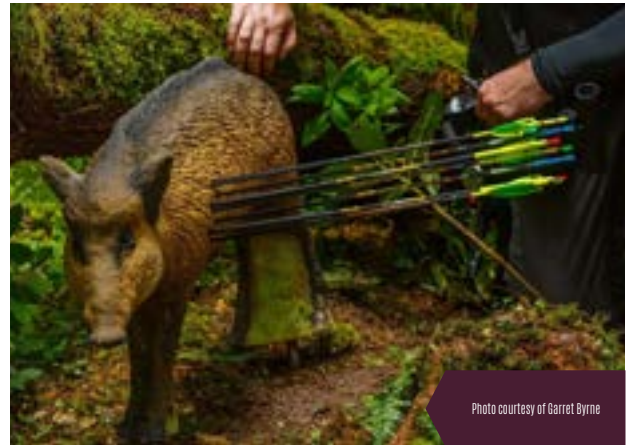


Photo courtesy of Garret Byrne



Photo courtesy of Garret Byrne



Photo courtesy of Garret Byrne



Photo courtesy of Garret Byrne



Photo courtesy of Garret Byrne



7 This shot, courtesy of Garret Byrne, capture just some of the magic of Coolbawn Woods.

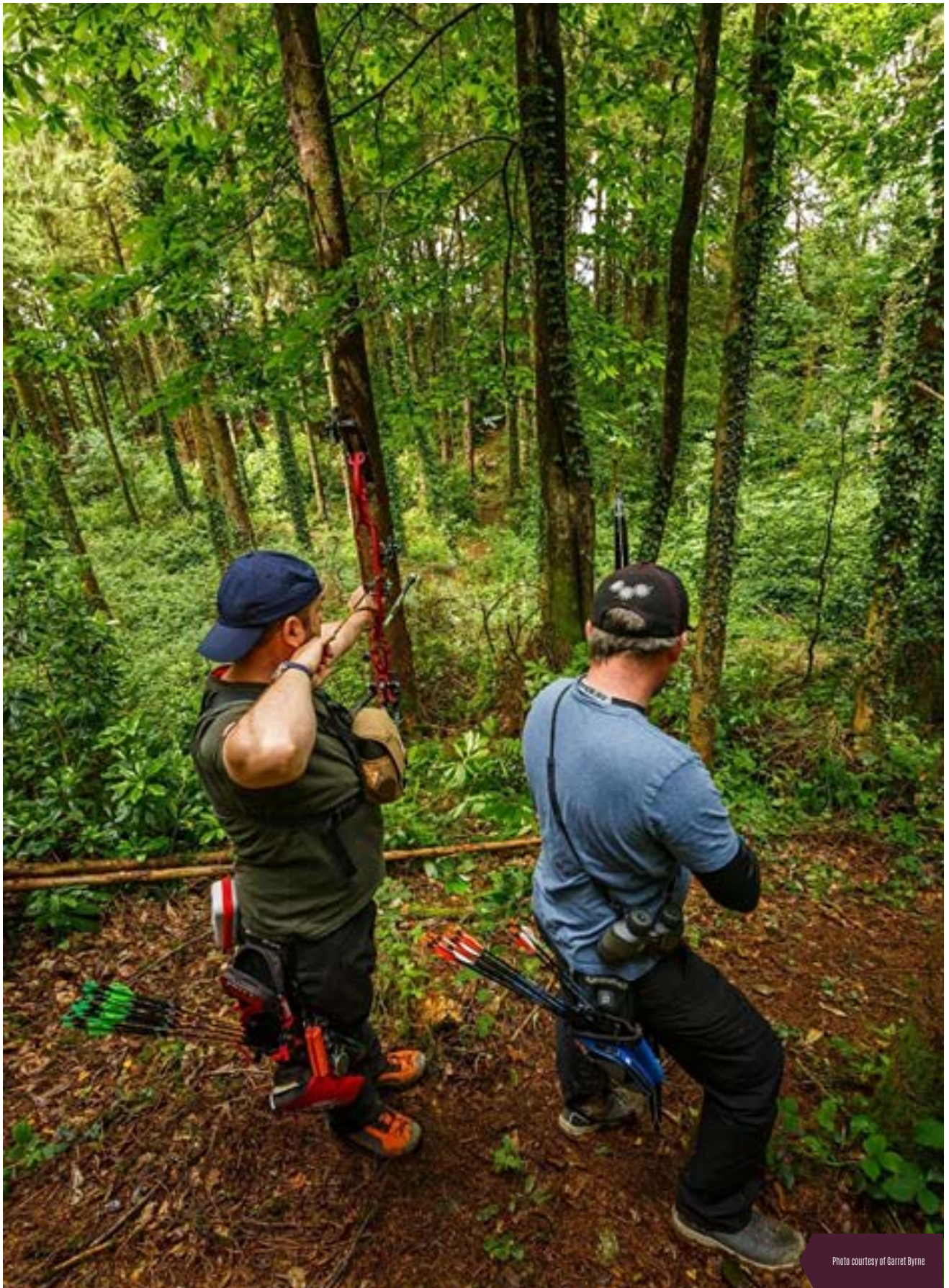
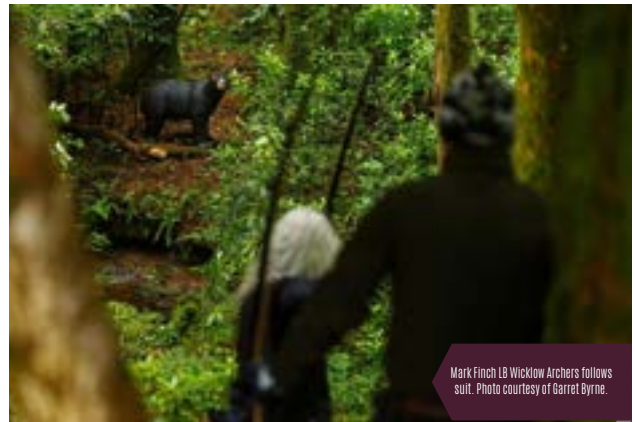
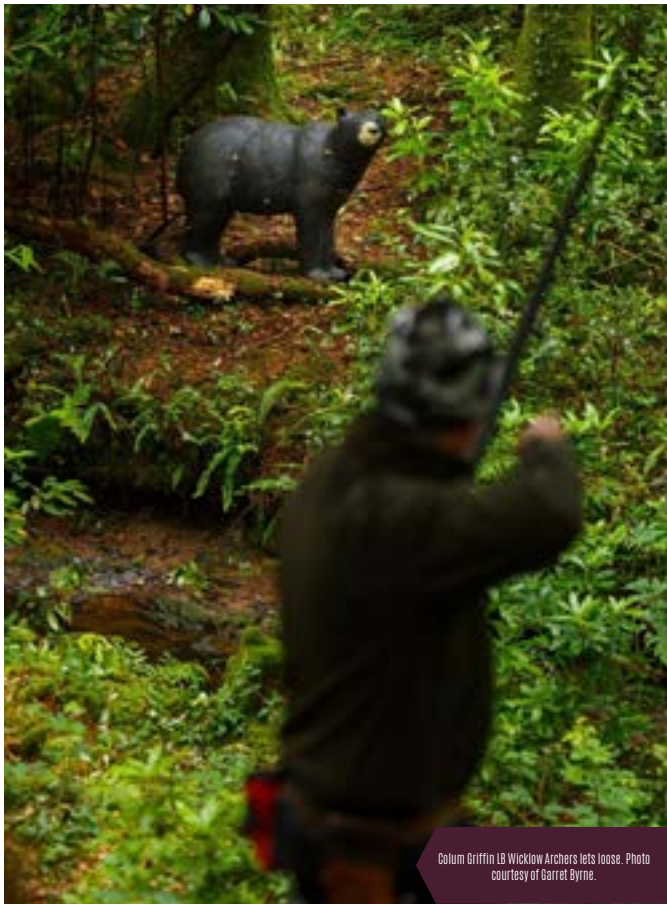


Photo courtesy of Garret Byrne





Vimi Sachin BB, Harbour House, on her first Archery Ireland 30 shoot and getting better with every shot.



Aenne Duggan LB Slaney Archers on her first 30 competition and doing very well.



Don't have a name for this individual but he's been hovering around shoots losing arrows and eating the biscuits like no tomorrow.



Photo courtesy of Stringfellow



Who we are:

We are a newly setup non profit Field Archery club.

We have a course with 3D targets and a beginners range for our members to use, stretching over 160 acres of forest, located between Loughrea and Gort towns in Co. Galway.

We have an archery school for beginners where we teach a traditional instinctive way of shooting.

Although we promote a traditional style of archery, we are open to any members shooting any recognized IFAF bowstyle.

The guy on the picture it's me, Mattia, I'm an Italian living in Loughrea, I'm the founder of the Club and also the IFAA Coach for our Beginner Courses.



We think our Club as a group of friends who share the same passion, we organize many social activities and we encourage members to volunteer in the Club's activities.

Fancy an exciting outdoor activity??
Join us!

If you are new to Field Archery, have a look at the Beginner Corner section of our website <https://lrta21.square.site>

If you are already an archer and want to become a member, check the section of the website on How to join us.

Contact: lrtradarchery@gmail.com



**AUGUST
5TH TO 13TH
2022
TAHKURANNA
ESTONIA**





**WORDS
HAVE THE
POWER
TO MAKE
THINGS
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