



Alton & Four Marks Archery Club

Newsletter

E-mail: AFMArcheryclub@live.com

www.altonarchers.co.uk

Inside This Issue:

Editorial	1
Photo Gallery	2
Notices	4
Beginner's Course	6
BBC Article	7

Committee Members

John Wakelin 01420 83773
johnwakelin@ukonline.co.uk
 President

Lionel Shepherd 01420 23050
landjshepherd@btinternet.com
 Chairman

Debs Vass 01420 83633
 Treasurer & Secretary
debs.vass@talktalk.net

Liz Robertson 01420 80066
 Membership Secretary
Liz_robertson@yahoo.com

Dave How 01420 549931
 Records Officer
HOW523@hotmail.com

Jason Spencer
 Equipment Officer

Jason McCoubrey
 Fixtures Secretary
jason-mccoubrey@hotmail.co.uk

Jenny Hales 01420-562511
 Social Secretary
jenny.hales@tiscali.co.uk

Damien Koziol 01420 560688
koziolfamily@aol.co.uk
 Newsletter Editor

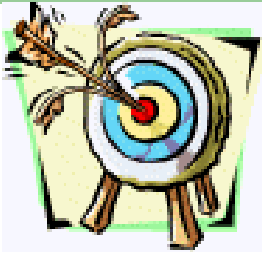
Editorial

September has been a busy month, full of events and of course the move from outdoors to indoor shooting. Our events started off with the beginners course which seemed to go pretty well. At least we had plenty of positive feedback and a good number of new starters. So to all of you that are new to the club I would like to wish you a warm welcome and hope you that you get as much pleasure from the club as the rest of us do and of course please do feel free to contribute the newsletter in future.

While the beginner's course was a long event for the club over September the big event was the 30th Open Shoot. The group I was shooting with gave lots of very positive feedback, praising the club for the organisation and especially the warm and friendly atmosphere. As far as I can tell this seems to have been echoed by many of the others attending the shoot. So a very big thank you to those that took part in the event and especially to all those that helped out. We also had the club championship which I sadly missed but I hear it was a good event.

As the great weather and the extra weekly session are now over so we also lose the chance to gradually climb the ladder of archery classes. At least to me it seemed like there were a number of people trying to get their next level up. I know from my own efforts I managed to get up to second class and I was in good company with many others achieving the same level and better. But, there does seem to have been one person whose efforts and achievement in gaining classes seems to have been outstanding. Oscar Saddovich has managed to go from nothing all the way up Junior Bowman in just six months which really is an outstanding achievement. Well done Oscar!

Photo Gallery



*For Further
information
regarding club
shooting fixtures
please see our
web site or
contact
Jason
McCoubrey*

*jason-
mccoubrey@hot
mail.co.uk*

COACHING

General Coaching
1st Tuesday
each month.

1-on-1 Coaching
is available all other
times in addition to
general assistance,
but must be pre-
arranged

Please contact John,
Lionel or Jason
directly in order to
schedule a slot.



Last Day of the
beginners course

Early morning start to
preprepare the field for the
30th Open. Some of the
competitors were setting
up almost before we
were.



Gradually the targets
are prepared thanks to
the many club helpers.

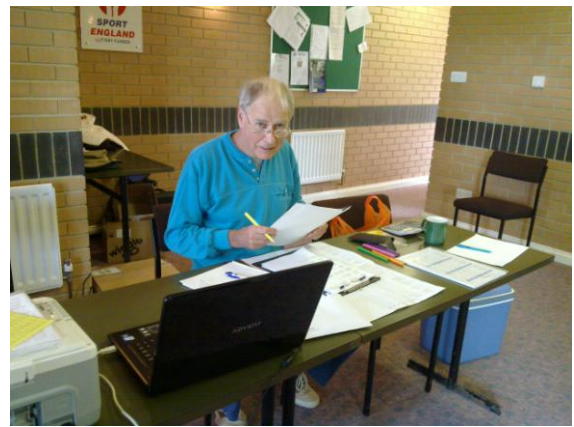
Nearly ready with the
colour prize markings!





Final adjustments and we are nearly ready

Reception complete and we're ready for the scores



CLUB CLOTHING

We have a few items of clothing in stock for sale. If anyone is interested.

Hats, Fleece, Polo shirts, Badges, Caps
Sweatshirts
Etc

Please note we are currently out of woolly hats, therefore an order will have to be placed, but this will be subject to the number required. If you wish to purchase one please let Michele know as soon as possible

Clothing contact
Michele
afmarcheryclub@live.com



The competition gets ready with a few stretches.

The team looked relaxed under Pete and Jackie's shelter.



Notices

- **Indoor Shooting**

The attendance on our Tuesday Indoor sessions has been great. As I'm sure you will have noticed this success has also brought some challenges. The crowding is making shooting quite a challenge. To help matters will now organise our shooting time a little differently. From 1830 to 1930 juniors will take a priority. Naturally any parents will also be able to shoot at the same time as the juniors but the timing will be at the juniors rate to give them as much chance as possible to enjoy and benefit from their session. From 1930 onwards the priority will shift to seniors. I hope this improves helps everyone get the most from the session.

- **Indoor Competitions**

During the coming indoor season we will be running a series of competition evenings. These will be on:

- 2nd Nov
- 7th Dec
- 14th Dec (Xmas fun shoot)
- 1st Feb
- 1st Mar

Dates will be confirmed in later newsletters. The competitions are for anyone in the club that wants to attend. Please note that if you wish to shoot on a competition night but not participate in the competition you will be asked to fit into the timing of the competition so that a full shoot can be completed.

- **Child Protection**

These days all clubs are subject to increasingly more stringent child protection legislation and we are no exception. For this reason, I would like to remind all parents that any children attending the club must be accompanied by a parent or guardian. Thank you.

- **Equipment - storage**

We are re-organising our equipment storage and trying to make all bows available at the Four Marks site. This is making the space in the container rather tight so please make sure everything is kept neat and tidy and items returned to the appropriate positions. This will ensure everything can be found easily and do not become damaged. If you are new and not sure where something goes just ask one of the 'old' hands.

- **Equipment - arrows**

More recently we have been getting some damage to arrows, especially those transported back and forth between Eggars and Four Marks. Could you please make sure arrows are returned to the holder and slots from which they came. To help this just take 6 arrows and leave any extra as a reference for putting them back. Thank you for your co-operation

Range Readiness

Indoor shooting days are:

- Sunday from 1000 to 1200 (Outside)
- Tuesday from 1800 till we are done

Please take part in either the range set-up or putting away or both if you around.

All help is much appreciated.

Thank you.

- **Loaned Equipment**

We have been trying to make sure that all members that shoot regularly at both locations have kit loaned to them. This makes sure everyone has kit that needs it and of course gets people more familiar with looking after their own equipment. When we loan out kit we try to make they are loaned out in boxes or bags. Unfortunately this is not always possible so please make sure that for any bow not in a container the sight block and string do not become lost or damaged. We would also remind you that a bow is classified as a lethal weapon and must therefore not be transported in a 'Dangerous/Usable State'. This requirement is ambiguous so please ensure that bows being transported, are kept covered.

- **Footwear**

Personally I hate this insurance, litigation and health & safety crazed society but there you go. So before I get on my soap box I need to point out that due to recent changes in archery insurance we now need to uphold the safe feet requirements. In other words: No safe footwear. No shooting.

- **Tuning & Maintenance Sessions**

We have been considering running some tuning and maintenance sessions for anyone that is interested. These would most likely be run on a Tuesday if there is enough interest. So if you would like to learn more about how to set-up your bow and keep it in tip-top condition please contact Jason McCoubrey.

Notices from Archery GB UK

- **New sponsorship agreement with Foresters Friendly Society**

Archery GB has announced a new three year sponsorship agreement with Foresters Friendly Society, a mutual organisation providing savings, investments and insurances. The agreement will help us drive interest in archery as London 2012 approaches, as well as supporting the development of our elite athletes. The Society is particularly keen to promote opportunities for archery across its branches and to build links between its 70,000 members and our existing network of archery clubs

- **Coaching Grant Scheme**

Archery GB has launched a new Coaching Grant Scheme aimed at increasing the opportunities for coaches to become qualified! County Archery Associations in the UK have the opportunity to sign up to the scheme and receive financial assistance towards the cost of organising a Level 1 coaching course. The grants, worth £500, will be used to subsidise the cost of organising a planned Level 1 coaching course, with the effect of reducing candidate fees to make training more easily accessible.

- **Archery gets 2012 planning permission**

Lord's has been given planning permission to host the Olympic Archery events at London 2012. Permission was granted by the Planning and City Development Committee at their meeting on 2nd September. Lord's will host the archery competition's at London 2012 The London 2012 Organising Committee (LOCOG) can now progress with its plans to convert the iconic Home of Cricket into the temporary venue for archery in 2012. Seb Coe, Chair of LOCOG, said: "I am delighted that we have achieved permission to go ahead with our plans and thank Westminster City Council for their support.

Alton and Four Marks Beginner's Course September 2010.

Thirty years ago I used to belong to the Ruislip Bowmen (in Ruislip, obviously) and thoroughly enjoyed archery - not that I was very good! However, work changes and schedules meant that this lapsed, and I hadn't shot since about 1979. My daughter got fed up with me repeatedly saying I would resume archery when I retired, so after about 3 years of this, she kindly bought me a Father's Day present of the September's Beginners Course - combined with the preceding "have a go" session.

So I turned up a bit excited and apprehensive (mainly because of all these knowledgeable archers I'd have to face) on the first Saturday at the Recreation Ground. I needn't have worried - we were all made to feel very welcome, and everyone took great pains to help us relax and enjoy ourselves.

Week 1 saw a brief presentation by Lionel introducing us to the Club and the personnel, what a bow and arrow was, and the proposed layout of the beginner's course. I was pleasantly surprised to find that the formal presentation was quite short, and we were soon out on the range getting on with it! My instructor was Geoff, and with three other newbies on our target I was soon getting into the basics - although the targets looked miles away (15 yards actually!!).

My arrows were all over the place at the start, but, especially after a pleasant tea and biscuits break, I gradually managed to get them more in some sort of a line, and was told I should start to try to get groupings. Despite super-human efforts, it appeared that I didn't know what a "gold" was - Oh yes! - That elusive yellow circle in the centre!! Better luck next week perhaps?

Week 2 and the formal part of the lecture was all about the parts of the bows and arrows. We then had demonstration shootings of the different types of bows - Longbow, Recurve and Compound. What a bow the Compound is! Like a sniper rifle with arrows!

This week saw us using sights for the first time, with the differing techniques that applied to that. Personally I am unsure about using three fingers below the arrow in week 1 - only to have it changed to the normal 1 above and 2 below in week 2. It seems to me to be better to "start as you mean to go on", as we have enough to think about in week 2 without changing our fingering.

Again my arrows were all over the place initially, and once again gradually I got them back into reasonable lines or groupings - but, oh! those elusive golds!

Week 3's formal part informed us that we would be scoring (9,7,5,3,1 as opposed to 10,9,8.....2,1), plus we'd have a mini-competition! Scarey!

Out on the field we were told how to / helped set up the targets (I think they were moved back to 20 yards for this), and then the shooting began. There were two competitions - Junior and Senior. Everyone seemed to be enjoying themselves, and I (amazingly) managed to come second in the seniors - I didn't think I was scoring anything like well enough to get a medal! It cheered me up no end! I even managed to get a couple of golds (or did I imagine that??).

Conclusions...

This was a great introduction to Archery, and I'd recommend it to anyone - even "returners" like myself. The archers of Alton and Four Marks Archers are very welcoming, and everyone is happy to help with any questions etc.. For example, I brought in my old bow and arrows in the first week to ask advice on whether they would still be useable after 30 years. John and Jason took a look, strung the bow, and actually shot it - I was well pleased, and look forward to using it again after I have worked my way up to the weight of it (around 36lbs.).

Many thanks to all in the Club for an enjoyable course - I have joined, and have attended a couple of sessions, as have a few colleagues who were also on the course.

Finally - a personal observation:-

We were not informed how to string a bow. I realise we didn't have to do it on the course itself, but it would be useful to know this for the future.

Mik Potter

(Newbie (or whatever word archers use for new members))

BBC Article - England archers and shooter win Commonwealth golds.

England won the men's and women's team compound archery gold medals at the Commonwealth Games in Delhi. The women's trio of Danielle Brown, Nicky Hunt and Nichola Simpson beat Canada 232-229 to win their title. Liam Grimwood, Chris White and Duncan Busby then held off a fightback from India to win the men's gold 231-229. England's Stevan Walton won a shooting gold in the double trap individual and Nick Baxter and Michael Gault silver in the men's 10m air pistol pairs.

The 56-year-old Gault, England's most successful Commonwealth athlete with 15 medals over four Games, collected his first medal in Delhi as he attempts to pass the all-time record of Australian pistol shooter Phillip Adams, who won 18 medals in six Games. India's Gurpreet Singh and Okmar Singh took gold, prompting Gault to say of his rival Singh: "He is making my life miserable, but he is a wonderful chap. He could be arrogant but he is not." The Isle of Man's Timothy Kneale took bronze in the double trap individual behind Walton and India's Ronja Sodhi.

In the men's team compound archery, White and Busby hit the centre of the target to score a maximum 10 points with each of their first four arrows as England opened up a 119-114 lead at the halfway stage. They maintained the five-point advantage until the final end when India hit three 10s to close the gap to three points, but Busby kept his nerve to hit a nine with his final arrow to clinch the win.

The women were the first English archers to win gold medals at a Commonwealth Games for 28 years. They were one point behind after two of the four ends but world number one Hunt's final eight-point arrow clinched victory at the Yamuna Sports Complex. Brown also took home a Paralympics gold from Beijing two years ago.

"I don't rank one achievement higher than the other. The Paralympics was amazing and it was my first big competition," said the 22-year-old from Yorkshire.

"But winning here against able-bodied competitors is equally awesome."

Looking to the future, she told BBC Leeds: "I can't compete at the Olympics because I shoot a compound bow and only the recurve bow is included in the Olympics, but I'm definitely wanting to go to 2012 for the Paralympics." Team-mate Hunt paid tribute to Brown, saying: "Danielle earned her place on our team by a mile and she shot really well. We are very proud of what she has achieved." Hunt, from Ipswich, added: "It was a really tough match and Canada were fantastic. But I think we shot to our potential and it was a good performance in the end."

She told the BBC: "Archery hasn't actually been in the Commonwealth games since 1982 and this year India, the host nation, included it as a guest sport because they're very good at archery - and it's been fantastic to show off our sport to the world." England also had to come from behind in their semi-final against Malaysia, having trailed 58-56 after the first end. But scoring 58 from a possible 60 with their next six arrows put them in control and Hunt completed a 226-221 win with a 10-point maximum.

Diary Dates

Bat Shoot (1900 start)	15 th Oct