

MERDON WHITEBOARD

EDITOR GERRY WILLSMORE

MARCH 2011



Victory!

The Merdon team of Lloyd Davage, Rob Norris, Phil Sellwood, Bill Tubbs, Colin Whysall and Gerry and Louise Willsmore won the three way inter-club TAM shoot against the Talisman and Gosport clubs.

The scores for the Western round were:

Lloyd Davage	608	
Rob Norris	546	
Phil Sellwood	848	New Club Record
Bill Tubbs	824	
Colin Whysall	840	New Club Record
Gerry Willsmore	786	
Louise Willsmore	790	New Club Record



TAM Photos courtesy of Dee Corlett.

Winter Championships

The Merdon Winter Championships took place on Sunday 13th March. The Overall Champion was Scott Dyer

Other winners were

Ladies Barebow	Dee Corlett
Ladies Compound	Louise Willsmore
Gents Compound	Bill Tubbs
Gents Longbow	John McCrea
Gents Recurve	Gerry Willsmore



Oops!

In the February edition I inadvertently stated that the date for setting up the field for the Merdon Arrow as Saturday 1st May. As you know the Saturday is actually 30th April and the Merdon Arrow itself is on Sunday 1st May.

So don't forget we want to see you on **Saturday 30th April at 1 o'clock** to assist in setting up the field for the Merdon Arrow.

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Awards

Dee Corlett has gained her 2nd Class Badge shooting Barebow and Rob Norris has gailed his 3rd Class Badge shooting Recurve.

Phil Sellwood has equalled the Club Record for the Long National shooting Compound and John McCrea has a new Club Record for the Long Western with his Longbow.

Dates for your Diary

10 th April	Hampshire Team Selection Shoot Committee Meeting
22 nd April	St George's Day Fun Shoot 2:00 p.m.
24 th April	Andover Saxon Shoot AC Delco Easter FITA
30 th April	Setting up field for Merdon Arrow 1:00 p.m.
1 st May	Merdon Arrow
14 th May	Yateley 2 way longbow Western Raven Archers Field Shoot
15 th May	Salisbury FITA Raven Archers Field Shoot
17 th -20 th May	SCAM
21 st May	FOBB Longbow
22 nd May	Andover Double FITA70
28 th -29 th May	Southampton Head 2 Head weekend
29 th May	AC Delco Hereford round
4 th June	Beginners Course 10:30 -12:00
5 th June	Waterside, Long Western round
8 th June	Guildford St George round
11 th June	Beginners Course 10:30 -12:00
12 th to 19 th June	Dunster Week
18 th June	Have a Go in aid of McMillan Charity 12:00 Beginners Course 10:30 -12:00 Yateley, Windsor round
19 th June	Grand National Archery Meeting
22 nd to 24 th June	Beginners Course 10:30 -12:00
25 th June	Lytchett Owl, Western round
26 th June	Independence Day shoot and American Supper.
2 nd July	Wessex Albion, Southampton Archery Club
3 rd July	AC Delco Longbow
9 th July	Wiltshire FITA *, Swindon
10 th July	Bournemouth Blue Lion
17 th July	Merdon Bowmen AGM
30 th July	Andover FITA * Andover FITA *
31 st July	Dorset & Wiltshire Double FITA 70
7 th August	Petersfield Saint & Halo
13 th August	British Target Championships Lilleshall
14 th August	British Target Championships Lilleshall Chris Sherwood Memorial Shoot AC Delco
27 th August	Devizes Longbow and Clout
28 th August	Devizes York
29 th August	Devizes American Guildford Acorn
18 th September	Hampshire Target Championships
24 th September	Hampshire Longbow Championships
8 th October	Set up field for Agincourt Arrow 1 p.m.
9 th October	Agincourt Arrow

Archery around the world

Archery in Mongolia originated in the 11th Century and hasn't changed much since then. The bows, arrows and targets are still made from the same materials as they were in the 11th Century and the archers dress in traditional costume. The biggest archery event in Mongolia is at the Nadam Festival where they have no less than 360 targets. The men shoot 40 arrows at 75 meters whilst the women shoot 20 arrows at 60 meters. Judges stand near the targets and assess each shot, signalling to the archers with shouts and hand signals. The winning archers, called the Mergen, is the one who hits the target most times.



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Aren't some of the costumes just fantastic? Mind you the guy in grey, third from the left is wearing a hat that doesn't look very traditional to me.

Target Is Not The Only Game In Town

This month – FLIGHT

This type of archery has a very simple goal – to shoot an arrow as far as possible. However, just to make it more interesting, it is split into 5 different bow types: Recurve Target, Conventional Flight, Compound Target, Longbow, Crossbow and Compound Flight. Additionally all but Longbow are divided into different draw weights.

Competitors shoot 24 arrows at an angle of 45 degrees (they can have an assistant to help get the angle correct) and then have one hour to find their arrows. Broken arrows do not count.

The current National Records (Gents highest weight category) are:

Recurve Target	618 yards
Conventional Flight	917 yards
Compound Target	955 yards
Longbow	415 yards

Crossbow	441 yards
Compound Flight	976 yards.

The longest distance shot by a hand held and drawn bow is 1,336 yards. If you want to do this type of archery then you will have to search it out as the only tournament that I can find is the National Championships at RAF Church Fenton on 20th August.

However, since I was able to find the following photos, then tournaments must take place somewhere:



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As you can see some of the bows are highly specialised.

There was a good article on this type of archery in the Winter 2010 edition of Archery UK for further information.

Korean Ladies Archery Team Selection Test part 5



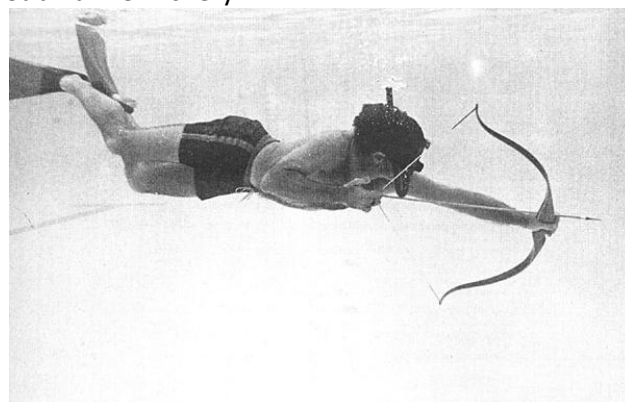
The last few archers competing for a place in the team had to undertake yet another test. Looks painful!

Archery Celebrations



You put your left leg in.....

Submarine Archery



Why?

Archery GB Progress Awards

We are introducing the Adult Beginners Progress Awards for all new archers in their first full season. The requirement is for novice archers to shoot the qualifying round on a month by month basis to measure their progress in their first full year of shooting, with badges being awarded for attaining qualifying scores – see below. The qualifying round is 36 arrows at 20 yards on a full size face using 5 zone scoring (i.e. 9, 7, 5, 3, 1).

The scores required for the badges are:

White	150
Black	200
Blue	240
Red	270
Gold	290

Score sheets for claiming a Progress Award are available in the club hut. Completed score sheets should either be put in the clear folder in the hut or handed to me any time you see me on the field. Once the scores have been ratified I will arrange for you to receive your progress medal and a photo in the Whiteboard.

Medals will be awarded according to the score achieved, for example if you score 212 you will receive a black medal. You can then shoot subsequent rounds to try to get the higher medals. Please note that you cannot claim medals lower than any medal already achieved or score achieved. Good shooting.

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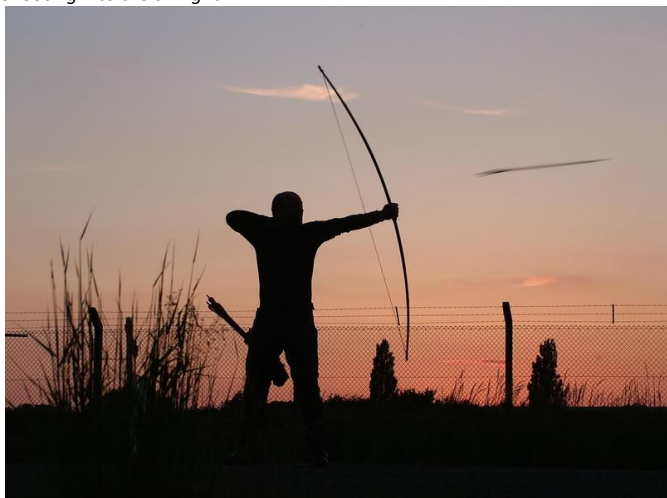


These are the badges that will be awarded to novices to demonstrate their progress.

The Spirit of Archery



Shooting into the twilight.



Longbow at sunset.

Editorial – It's My Fault

If the manufacturer of your bow had put it into a mechanised shooting machine with perfectly spined 28" arrows then I would expect it to put 6 arrows in a tight group in the centre damaging nocks and knocking off fletchings. So, in theory, I should be able to put all my arrows into the gold but, of course, I don't. If the bow is capable of it then my failure to emulate the bows performance must be my fault mustn't it?

Well yes and no. Unfortunately, unlike the machine, I am not able to execute a perfect shot every time, try as I might. But there are other factors at work. First, have I got the bow set up correct. There are so many variables that it takes a lot of time and effort to get all the factors correct, tiller, bracing height, nocking point, arrow alignment, button pressure, clicker position, the length and weight of the stabilisers etc. Then there is the compromise with the arrows. According to Easton the arrows I use cover a range from 30 lbs @ 26.5" to 35lbs @ 27.5", so, presumably are matched to a bow of 32.5;bs @ 27". Then you have to take into account spine, arrow length, point weight and the size and shape of the fletchings.

Finally there is me, is my bow arm firm but slightly bent and does the sight stay on target until the arrow hits? Is my release smooth and consistent, am I getting the correct power into the shot, am I using my back muscles to draw the bow, is the string aligned to the same place on the bow, is the anchor point exactly the same every time, is my stance stable and in the same place every time, is the arrow drawn to exactly the same length every shot, etc, etc? Like most archers I try to get these correct, mainly from the feel of the shot and without thinking about it.

Thinking – the bane of many a good archer. The old wet matter can really let you down at times. Twice I have been afflicted by "gold panic" and it is something I would not wish on anyone. Gold panic can take on many different forms and I had two different manifestations. The first it happened to me I was shooting indoors at AC Delco and had been getting good scores. I had started shooting OK that night but suddenly I found that I could pull the bow to full draw but I couldn't physically move my arm to put the sight on the gold. It was as if my arm was in a giant vice and no matter how much my conscious brain told my arm to move my subconscious just wouldn't allow it to move. To cut a long story short I finally solved it by spending a couple of weeks visually imagining the shot from drawing up, putting the sight easily on the gold and hitting the centre. Without the need to actually move the arm the brain could imagine it happening and the panic went away. The second form of gold panic that hit me was one that is more common. I would draw the bow, move the sight to the gold but then I would let the arrow go before my arm had stopped moving, snap shooting. This does not result in consistent scores. Fortunately I came across "Advanced Archer" by Thomas Whitney and Vishnu Karmakar which contains 12 lessons on "How to Stay Calm at the Centre" with practical exercises to help you on the shooting line. By doing the exercises and taking on board the lessons it helped me to become a better, calmer archer. I cannot recommend this book too highly if you are having problems.

One thing we all know and that is that there are going to be good days and bad days. It took me a while to learn to let the bad days go and not to dwell upon them. Strangely one thing that helped me to learn to be more relaxed about the bad days was watching Biathlon on the TV. This is another sport where accuracy is paramount as the penalty for a miss in the Individual Event is to have one minute added to your time, and when competitions are won by seconds in many cases, you have to be some athlete to overcome a one minute penalty. Watching the competitions week on week you come to realise that even professional athletes who are practicing every day can have a total stinker, I have seen top biathletes buckle under pressure and miss four out of five shots on their final visit to the range. If they can fail under pressure then I can forgive myself for doing the same. The secret is to remind yourself of the days when it all went right. Of course they also have a coaching staff who work on the mental side of the sport as well as the physical side.