

# Old Basing Archers NEWSLETTER April 2006

## New Committee

At the AGM, the new committee were unanimously elected.

The major office holders are:

Chairman - Su Elliot  
Secretary - Paul Richards  
Treasurer - Steve Learwood  
Records Officer - Debbie Campbell  
Child Protection Officer - George Matthews  
Tournament Secretary - Dave Westbrook

Other committee members; Terry Cootes, Geoff Machin, Robin Foster, Julian Ricketts, Kevin Deighton, John Newman, Simon Goodwin, Andrew Hutchinson.

Give the new committee your support and if you have any ideas or suggestions for the club, let the appropriate person know.

## How? and Why ?

### Note: To Editor and Readers

*Please note that the following article is not meant to undermine, or be contrary to, any instruction given by qualified instructors; it is just a personal 'observation' intended to invite comment and debate.*

If I have learned anything about archery, (which is very debatable!) it is that the most common words used by frustrated archers, are quoted in the title.

“Why did I do that?” or “How did that happen?”

Sadly, the answers are not always known or understood by the archer. I include myself in this group, especially when more often than not my target face looks like it's been attacked with a scatter gun!

By a miracle recently at 30 meters, I achieved a 6 inch group with 5 arrows (the 6<sup>th</sup> - but a couple of inches away) “Eureka!” I cried, thinking that I had now discovered that magic formula of the perfect shot. “Just zero the sight onto the Gold and watch me collect all the club ‘pots’ at the prize giving”, I thought foolishly.

..... the next 6 arrows frightened the cows in the bottom field once again! - I'd learned nothing, except that my inconsistency was consistent!

With Terry's instructional words of wisdom ringing in my ears I tried once again to analyse my shooting errors. I 'thought' that I had had the correct posture, draw arm level, elbow back, head up, correct anchor etc, etc, but obviously I was changing or moving something just a little – but what? I then posed myself this question;

‘Just how much in actual sighting error measurement (in fractions of an inch!) do my inconsistencies translate in feet, onto on the target?’

## The Archer

Some archers shoot and some may score,  
Others just stand and dither;  
And just compare, those who stand there,  
- Rear ends and bums and quiver;

To study pictures good and true,  
Was all we had to ask,  
To take your time – the prize is wine,  
Not difficult a task.

So to all who did take part,  
Excited to a shiver;  
We'll name the one, who know a bum,  
Now watch our Jack deliver!

Dave S.

For those of you who were not at the AGM, Jack delivered the wine to the winner, Steve Learwood



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I have watched training videos and read books on technique, but so far have not seen in actual figures, how a small error by the archer in actual measurement, presents itself on the target? If anyone does know the whereabouts of such information I would be very obliged to share it with you?

Having had a career in aviation engineering I have always been keen to see things explained in a technical format, so taking up a paper and pencil I began to do some rough measurements and calculations. I tried explaining to myself, just how these small errors magnify on the target face. I may be slightly 'barking' but even if my calculations are not totally accurate these figures began to reveal to me just how vital all those 'pearls of wisdom' from Terry really are. For those who would like to share 'Dave's daft doodling' – please read on.

### RECURVE SIGHTING ERRORS

Assuming that your draw length is correct; assuming that your anchor is correct; assuming that your arm is in line with the arrow and your elbow is back; assuming that your sight is zeroed correctly; assuming there is no wind; assuming that your release is smooth and not plucked and with a correct follow through, assuming that all the other assumptions are technically correct, then the major fault which is going to cause your errors is your HEAD – in particular the position of your *eyeball* with respect to the bow sight!

It is my belief that a constant accurate position of your *master eyeball*, with respect to a point in space, is critical to accurate shooting consistency. Should the head move slightly forwards, backwards, up, down or not be turned through the same number of degrees between each shot, then an *inaccuracy in sighting* has occurred. What this means in effect is that you are now looking at your bow sight(s) at a *different angle*.

#### *Vertical Errors*

My bow-sight is about 36in. from my right eye. Supposing between shots, I have moved my head up or down slightly, I have thus 'altered the position of my eye in space', maybe just '½ an eyeball' (which is approx. ½ in. - extremely easy!) If we now translate this *vertical* error of ½ in @ 36ins (draw this on paper), you will find that you now have a 'sighting error angle change' of about 1deg. If we now extend this 1deg. error, say to 60yds, using the 1:60 rule formulae, this means that the arrow has missed the Gold (the first shot was perfect by the way!) by approx 18in! (Remember, we completed all the other 'multi-tasking' perfectly, and set it in concrete!)

You've gone from the Gold of your first shot, to the outside edge at the 6 o'clock or 12 o'clock *Black* at 60yds.

Note.

Rocking my head forward or backwards from your chest by the same amount will have a similar 18in. error on the target at the 3 o'clock and 9 o'clock position at 60yds.

### *Azimuth Errors*

Now let's take a look at the *azimuth* error and that eyeball!

We all know that a Recurve bow has two sights. The ring-sight (fore-sight) and that 'blurred' image of the string, which is the rear-sight. Both must be respectively aligned correctly, similar to a rifle however. In archery the 'rear sight does not align or superimpose with the foresight'. Our 'rear sight' (the string), we align on some part of the riser (outside edge, mid or inside edge) or part of the horizontal sight adjuster. Repeating the same vertical alignment position for correct release point is critical for consistency. Remember, your ring-sight lateral adjustment has been set in part for your rear-sight (string) vertical release point.

Let's say that I have moved the string slightly in *azimuth* from my last shot, which was a Gold! My riser is about ½ in wide just above the handgrip, so I have realigned my string from the outside edge of the riser to the inside edge of that 'thickness' (again, easily done), in other words I have moved my rear sight ½ in. I have now introduced another ½ degree error with the ring sight alignment which, at 60yds results in a similar 18in target error horizontally.

Most importantly, this 'string *azimuth* error' will *sum* with errors caused in the previous paragraph on *Vertical Errors*.

Note: That is why, and it is most certainly true in my case, most of the largest errors on a target are *azimuth*!

To summarise, I have tried to show how these errors manifest themselves and by 'how much'. The figures quoted might not be totally accurate but I am sure they are in the 'ball park'.

Of one thing I am certain, and this has been said to me on more than one occasion.

"Arriving at a stance which is natural and comfortable and one that can be *repeated exactly* time and time again is more important for consistency, than to trying to emulate a 'text book' shooting techniques as shown in books and training videos."

Perfect technique is great if you can repeat it constantly and it's vital in the teaching of youngsters, who are far more receptive to instruction and change. One's personal physique, especially if slightly 'corpulent' also plays a vital part with respect to your natural stance', in my case somewhere between Quasimodo and the Indian Rubber Man!

Hopefully, 'knowing your enemy' from the above theories, helps one in part to understand and answer the *How*' and *Why*'. Now all you have to do is tackle the errors caused by all those other 'assumptions'- but that's another story! However, ask the best archers how they tackle any one of the errors discussed above and they will tell you that they do not *consciously* think of 'specific alignments' – it's 'done automatically' - consistently!

If you have a theory on any of the above (that will no doubt blow mine out of the water), why not put them into print for the next Newsletter?

.....Good Shooting!

Dave S.

## Club Fees

At the AGM, it has agreed that the club fees should be maintained at their current level. GNAS fees were increased to £34.50 for adults whilst the fees for juniors were set at £46.00 plus £6.00 for GNAS. This means that our junior archers achieve maximum benefit of Old Basing Junior Archers being a registered club. The membership forms for the new session; including discounts for families will be available shortly from Steve to whom all financial questions should be addressed.

## Club Records

The Hampshire Archery Association has decided to amend the eligibility rules for County Records. Scores will only be accepted for rounds that are age and gender related and shot at record status tournaments. The committee have decided to follow suit for club records (not that any grumpy old men would submit a record for a Bristol IV). Also the round must be shot on a club target day with a Field Captain officiating.

## Club Shirts

What every well-dressed OBAer will be wearing this year! It features the club name embroidered in the front with a simplified logo; green or white versions are available and those who were at the AGM will have seen the samples. The shirts are produced by Harlequin Designs, 2A Homesteads Road, Basingstoke RG22 5LP0. Tel: 01256-811168, website [www.harlequinclimbing.co.uk](http://www.harlequinclimbing.co.uk) For more details, see Steve Learwood.

## Arrow Destruction in Record Attempt

Paul was recently shooting his new Bowtech compound bow at an indoor session at Andover. He shot his last arrow of his first Portsmouth with the new bow and needed a Ten to get the club record when there was a loud bang! Paul explained "It was not just a Robin Hood, but a completely destroyed arrow, and the last arrow got deflected into the 9 so I ended up with 574 which I think equals the record. I guess my new bow packs such a punch (it's the old M x V squared thing) that it'll just take out anything in it's way".



Paul R

## Beginner's Classes 2006

For several years now, OBA has not needed to advertise beginner's classes. With the have-a-go appearances and the website, we have no problem in building up a waiting list. This year it stands at just below 50 places, although not everyone has yet responded to confirm they are still interested. With the inevitable late entries, it looks as though we will have to run 4 sets of classes using both Monday evenings and Saturday afternoons.

These courses will require some dedicated effort from the club. Leading the courses will be one or more of our qualified coaches; Mike, Julian, Andrew and Terry. Helpers are needed in two categories; shooting line assistants from amongst our more experienced members and anyone else willing to offer support e.g. to chat with the beginners and help with equipment. Volunteers willing to be shooting line assistants will need to commit to particular dates, to ensure sufficient help is on hand to run the courses. Please contact one of the coaches as soon as possible to let us know. Other helpers should turn up when they can, without prior arrangement.

The times and dates for the first course have been set as:

Monday Evenings 18:30 - 20:30 on 24th April, 8th, 15th and 22nd May.

Saturday Afternoons 14:30 - 17:30 on 22nd April, 6th & 13th May.

The second set of courses is likely to follow on, Monday evenings in June, Saturdays in May and June. Running a Tuesday evening class that starts in May is also being considered to avoid too many dates in June. Please consider helping and let us know what support we can expect.

Andrew H

## Dates For Your Diary

### Shoots at Basing

Sun, 23<sup>rd</sup> April – St. Georges Shoot

Sun, 11<sup>th</sup> June – Burliegh Bowman friendly shoot (provisionally)

Sun 2<sup>nd</sup> July – North Hants Shield

Sat 29<sup>th</sup> & Sun 30<sup>th</sup> July – ANDOBA Double FITA Star at Andover

Sun 3<sup>rd</sup> Sept – Siege Shoot

Sun 1<sup>st</sup> Oct – Club Champs

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## Dates For Your Diary

### Other Shoots

Sun 16<sup>th</sup> Apr Easter Egg FITA AC Delco,  
Southampton  
Sun, 30<sup>th</sup> Apr Saxon Shoot Andover  
York/Hereford/Bristols  
Sun 7<sup>th</sup> May (p.m.) Merdon Bowmen (Bishops Waltham)  
6 Doz @ 50 m on 80 cm face  
Wed 17<sup>th</sup> May SCAS St Cross, Winchester  
Longbow Double National  
Thur 18<sup>th</sup> & Fri 19th May " "  
York / Hereford  
Sat 20<sup>th</sup> May " "  
Long National  
Sun 21<sup>st</sup> May Laleham FITA (friendly non  
record status shoot - ideal 1st FITA)  
Wed 14<sup>th</sup> June Guildford  
St. George / Albion / Windsors  
Sat 17<sup>th</sup> June Bowmwn of Burleigh  
Junior Champs  
Sun 18<sup>th</sup> June Bowmen of Burleigh  
New Western / Long Western / Western  
Sun 25<sup>th</sup> June Mole Valley Bowmen  
York / Hereford  
Sun 25<sup>th</sup> June Yateley Archers  
Windsors/ Junior Windsors

All entry forms will be placed on the notice board in the club house. Please either add your name to one of these or let me know by email. Most of these shoots have a modest entry fee which will be non refundable after the closing date. I will send your entries and fees on for you but you must be prepared to pay even if you do not eventually go for any reason.

Stephanie and I went to shoots at nearly all of the above clubs last season and were made very welcome at them all despite Stephanie running with some of their trophies! Beginners are always welcome but most shoots will require you to wear green and/or white. Junior rounds are available at most shoots.

The more of us that get around to shoots at other clubs the more likely it is that other clubs will look favourably at coming to our shoots and perhaps we might be able to start charging and making a bit of money for our club!

If anyone has any queries what-so-ever about entering any completions please contact me at [david.westbrook1@ntlworld.com](mailto:david.westbrook1@ntlworld.com) or speak to me or any member of the committee.

David W

## Wanted – Milk Carton Tops

Do you buy your milk from the super-market in plastic cartons with screw-on tops? A local charity would be pleased to receive your milk carton tops which they can sell to raise much needed funds. Naomi House is a children's hospice near Winchester and they rely on fund raising and donations to continue their important work for children with life limiting illnesses and their families. Although they receive no funding from government or local authorities, last year they raised nearly £8,000 by collecting milk carton tops. As the tops are a pure, high grade plastic, they can be economically recycled into other products. Just leave your rinsed milk carton tops in a bag in the club house and I will collect them. You can raise money for a worthy cause and do your bit for the environment at the same time!

You can get more information about Naomi House by visiting [www.naomihouse.org.uk](http://www.naomihouse.org.uk)

Thanks.

Robin

Winter Competitions, 2005-2006.

## Portsmouth

## Frostbite

### November.

George Matthews	1467	5
Geoff McCann	1465	4
Phil Lamb	1444	3
Margaret Holt	1440	2
Dave Westbrook	1425	1

Geoff McCann	381	5
Andrew Bell	376	4
Dave Stiles	370	3
Connor Adam	368	2
Phil Lamb	366	1

### December.

Dave Westbrook	1552	5+1=6
Geoff McCann	1459	4+4=8
Phil Lamb	1442	3+3=6
Geoff Machin	1438	2
Debbie Campbell	1431	1

Jonathan Youll	376	5
Ken Denyer	365	4
Pete Hebdidge	361	3
Debbie Campbell	357	2
Phil Lamb	356	1+1, 2

### January.

Ian Boreham	1506	5
Dave Westbrook	1477	4+6=10
Debbie Campbell	1449	3
Geoff Machin	1446	2+2=4
Geoff McCann	1444	1+8=9

Frank Bell	393	5
Dave Stiles	375	4+3=7
Connor Adams	374	3+2=5
Geoff McCann	372	2+5=7
Iain Fletcher	369	1
Jack Stiles	369	1

Su