



Bowmen of Ardleigh
Small Newsletter No.136
August 2023

My apologies for the somewhat tardy issuing of this newsletter! There really has been a lot going on and every time I think I've got everything in, something else happens!

Due to the number of events taking place now, by way of a small change, I'm placing the results and scores, etc. at the end of this newsletter. Do let me know if you prefer this way (or not), otherwise I'll carry on so doing, as it makes the layout process a little easier!



To begin at the beginning! On 1st April (good day for it!) Chris Phillips, assisted by other members, put on a "Zombie Shoot" using some display mannequins he happened upon in his travels. Suitably dressed and with applied gore and ultra-violet lighting, those present shot arrows at them with some degree of glee. Definitely something different. Food was available, together with various prizes and our thanks go to Chris for organising and preparing the zombies and the shoot, and the members who assisted. Some pictures of the event are shown below. (At least the lights were out on purpose this time).

There were also special sessions for younger age groups and all those taking part enjoyed the event I understand there will be another similar one arranged for Halloween. I understand these mannequins will be making other appearance later in the year!



Shown below are the results of our Easter shoot. This was the first time the new Handicap Table issued by Archery GB have been used. Each archer needs to shoot three rounds using the new tables to get their new rating so the first two dozen were used to decide the allowance to be added to their score. This method was used for outdoor shooting until the end of May, when most members should have achieved their handicap ratings. The same system will be used for indoor rounds from 1st July so three more Indoor rounds will need to be shot after that date as rounds from the previous outdoor and indoor seasons won't apply.

Our shoot for Easter egg Shoot took place on 9th April and the results can be found at the end of this Newsletter!

Also the results of our April, May, June, July and August Spoon Shoots and our Windsor League Matches in May, June, and August.



These pictures were taken at our County Windsor League Match at home to Chelmsford Tudor Rose on 7th May 2023. Thanks go to members who shot and helped set out targets and to Chris, Sue and Sophie Pollard for organising the tea after. A very pleasant day with equally pleasant opponents. Occasional stoppages due to people (or footballs, or dogs!) coming within our warning perimeter rope, warning boards and flags, are usually sent to try us, and they do but it's still better than the aggravation we used to get with motor bikes whizzing around us. Results are towards the end of this Newsletter.

Shown below are the West Essex visiting team on Sunday 4th June, 2023. A warm and pleasant day with pleasant company. Just in case, the little dot at the top right is a soaring bird. Cleaning the screen failed to remove it!



On Saturday 1st July, what had been our Annual Summer Barbecue returned! Our thanks go to Chris Phillips for his work in preparing the targets (the zombies also made another appearance and could well be back for Halloween!) and to Chris, Sue and Sophie Pollard and Mia Phillips for slaving away over a hot stove and preparing and serving the burgers and hot dogs. Abbey Bowmen were also invited and around 70 people were either taking part or watching. Everyone seemed to enjoy themselves and, while the pictures below look a little overcast, it was warm when the sun was out, it just seemed the weather couldn't make it's mind up what it wanted to do! It did not, however, rain!



In the famous last words department, our competitions this year have had reasonable weather conditions. The wind was ever-present for most of them but at least people didn't get wet.



Our Indoor Season for Sunday shooting will commence on Sunday October 1st. People are still shooting indoors on Friday and Monday evenings and, on occasion, outdoors on Friday afternoons/evenings but those shoots do need to have enough members to set the field out.

Members shooting indoors should still ensure all their scores go to our scores email address (scores@bowmenofardleigh.com)

The Archery GB Indoor Season commenced on 1st July (don't ask me why!) so you'll need to shoot three scores to get your new handicap rating as the old ones won't carry through, although things should return to what passes for normal in future, as they have with the outdoor handicaps.

To the left is Ray Preou, who likes the Worcester Round!

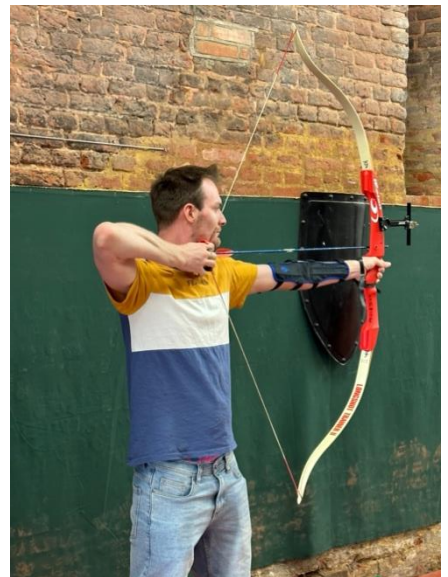


If there are some Philatelists among you, shown below is a set of stamps issued by Royal Mail in May. They come in various packaging and can be purchased from them directly.



The young gentleman to the left (Gabriel) had his first try at Archery with us at one of our "taster" sessions. He already shows great promise and will do very well if archery can sidle its way in between all the other activities people seem to take part in nowadays.

On the same session is Chip, shown to the right. I asked him where he'd shot before as he looked "right". He said he'd never shot a bow before until that evening! If he can devote the time needed to his Archery he is also likely to do "very well".



We'll be running a few of these sessions in the coming months. We were trying to give sessions to people as they enquired but we've been getting so many that we've had to make them monthly now with group sessions taking place. Members' help is always appreciated with these events, even if it's just to talk to people or setting bows up.



To the left is Nigel, the first proud recipient of the "Woody" Award, kindly presented by Chris Phillips. This award is made by the person who has been observed achieving the greatest number of arrow hits in the frames or legs of our bosses during a season



To the right is our trophy table at our annual Outdoor Target Championships (2023) and below, I think a very nice shot of our targets laid out for the competition. Looking back to when we first moved to Bretons in 1976, when there were only two trees evident (and they were by the Manor House) the tree planting that took place in the early 80s has certainly made a difference, and I'm very glad I've lived long enough to see it! Below that is an unusual view of our targets on the same day.



I've used this first picture before and use it again as an example of this young lady's intention to do things right, even with the occasional distraction of a lurking mobile 'phone. The picture to the right shows Sienna can transfer her skills outdoors as well! The third picture shows the set up before the shot and the fourth is a "lucky one" showing the arrow in flight, which you don't get very often. My thanks go Sienna's dad, David for these shots.





To the left is Freddie, another new member, who has opted to shoot in the Barebow style.

This is only his second session as a member and, as with all our other young members, Freddie shows great promise.

To the right is Evangeline, who also demonstrates the ethos of our Club that Archery should, first and foremost, be enjoyable and, again, shooting very well.

If all our younger members do indeed carry on with their shooting, and their parents can give them the necessary support then I reckon they'll all do very well!



Below is Alex, shooting away from our Club and demonstrating quite well one of the attributes of our Club in that it helps if you are quite mad, and also why one should always remember to put one's armguard on! I think I can almost discern the Leaning Tower of Pisa in that bruise, which is quite appropriate as Alex is Italian!



There's a little space here and as our Annual Membership and Affiliation fees are due at the end of September and a list of the costs will be going out to members shortly., I've listed them below. These are for the year 1st October 2023 to 30th September 2024 and need to be paid to our Club by 15th September 2023. We will then arrange the payments to Archery GB, County, Region and Bretons (where applicable) on your behalf. If you are already arranging your own memberships of the Bretons Community Association, then the adult Membership should be reduced by £10. It is a requirement of our Registration with Bretons that all our members over 18 years of age are also members of the Bretons Association.

Our competitions this year have been very well attended, which is nice! We've also (so far!) been very lucky with the weather and there's just one championship to go, the Field Competition in October. This is always a popular, relaxed shoot and there will be a practice session before the day.

What follows are from my own observations developed over quite a few years of shooting at most levels of competition, local and national with what might be modestly called a fair degree of success. I've watched archers and the only thing I gathered was that there's nothing really wrong in how you shoot, providing you can do it consistently, but the more economical you are in the process of shooting the better. All exaggerated movements are just a waste of energy, considering that when you relax your fingers to loose the arrow it's gone before you know it.

Our sport is, in principle, a very simple one. Pull the arrow back the same each time and aim in the same place each time and all your arrows should hit in the same place all the time. That should be all there is to it. There's the trick, doing the same thing all the time! This takes a lot of practice and that's governed by the time you have available to devote to our sport.

Regularly shooting once a week will get you achieving a quite reasonable level. A little more (good) practice should see a measurable improvement, but you are developing a skill in getting your body to do what you want it to do with "muscle memory" without you getting too involved in telling it what to do. It's quite capable of doing that without you interfering, if you let it! You aren't just aiming your bow, you are aiming your body, all as one unit.

We put no pressure on members to "progress" beyond what they wish to do. We encourage but the main pressure to do better comes from inside them. We get back, then, to the time you have available. Once a week is good, but if you miss a session then half of the next one will be spent reminding your body what it's supposed to be doing.

We have a lot of archers who are very good and very capable of being even better if they have confidence in their abilities and developing that confidence is, I think, the most important thing a coach can do. If you believe in yourself, you are capable of achieving great things. If you don't believe in your own capabilities, then it's likely you won't.

Enough of this airy stuff!

First, while your bow is set up so you get the occasional group, measure and write down what your string is made of and how many strands, your bracing height, nocking point height, tiller difference, how far your pressure button moves your arrow away from centre shot and what the pressure is. Things move on bows and can come undone with the vibrations that occur as you shoot, hence, write things down so you can tell if they have.

If you are using a clicker and it's too soft, the arrow will move when the clicker clicks). All the Olympic archers I've seen shooting recurve have been, until recently, since the Barebow style is now included, using a clicker (draw check indicator). We must assume, then, that a clicker will be of some benefit to most archers as it will improve the consistency of your shots. (Do, though, get someone who knows what they're doing to get the clicker in the right place as this isn't something to do alone.)

You then need arrows that are of a reasonably correct length for you. Usually, when people get their first bow and arrows, the retailer will supply arrows that are at least an inch longer than you really need as your draw length may increase as you "get into" your bow. The retailer will also shorten them for you later, if you wish and they'll also have a proper arrow cutter. If your arrows were a match to your bow originally, having them shortened by an inch or so will affect the spine (stiffness) of the arrow but it should still come out of the bow quite well, and there's at least an inch or so of room on the bow in front of the button. Arrows that match the bow reasonably will generally group better.

If the weather's windy, don't try to aim too much (people usually aim a bit too much all the time, indoors and out, and what might have been a good shot can be spoiled). Try to make a good, clean shot as the weather won't affect a well shot arrow as much as a poorly shot one.

I shall go into the subject of breathing in the next issue!

Best wishes for the remainder of the Outdoor Season. We'll be entering the Bray League again this year with A and B teams plus taking part again in the Longbow League so there's opportunity for all our members to represent our Club.

We're doing well in the Essex Windsor League, having won all our matches, as have Colchester who we visit for the last match on 10th September 2023. New members have been very much involved so far and they've all done very well!

Our thanks also go to Chris, Sue and Sophie Pollard for preparing the League teas, especially as all our matches except the last one in September with Colchester have been at home.

Essex Windsor League Match at home to Chelmsford Tudor Rose on 7th May 2023

Ardleigh		Chelmsford Tudor Rose	
Alex Sarzi-Sartori	866	N. Booker	812 (PB)
Sam Mortimer	816	J. Jeffery	797
Dave Cook	800	B. Whitley	747
Chris Pollard	788	M. Norman	702
Chris Phillips	774	D. Whitley	572
Totals	4044		3630
Michael Warman	764	J. Barrett	407 (PB)
Ken Dell	711		
Mia Phillips	580		

A win for Ardleigh by 414 points

And at home again to West Essex on 4th June 2023

Ardleigh		West Essex	
Alex Sarzi-Sartori	880	N. Newland	773 (PB)
Dave Cook	822	R. Newland	772(PB)
Michael Warman	806	P. Montrevardi	718
Chris Lowe	777	L. Al-Minyawi	712 (PB)
Tom Nolan	736	F. Hurr	678 (PB)
Totals	4044		3653
Chris Phillips	724	A. Vazques Iglesias	586 (PB)
Ken Dell	701		
Chris Pollard	659		

A win for Ardleigh by 368 points.

I think a few of our scores were also personal bests but these weren't indicated on the results sheets.

The Windsor League Table after two matches is...

Club	Shot	DNS	Won	Lost	Draw	Points	Aggregate
Ardleigh	2	0	2	0	0	4	8065
Colchester	1	0	1	0	0	2	4259
Rush Green	1	0	1	0	0	2	3608
Chelmsford Tudor Rose	2	0	0	2	0	0	7128
West Essex	2	0	0	2	0	0	6866

Worthy of note is that 6 Ardleigh Team Members are in the top 10 scores so far in the League!

We had a "Bye" for our match in July so our next Windsor League Shoot was at home to Rush Green Bowmen on Sunday 6th August 2023.

Essex Windsor League Match at home to Rush Green Bowmen on 6th August 2023

Ardleigh		Rush Green Bowmen	
Chris Phillips	802	Andy Moore	808
Alex Sarzi-Sartori	798	Kev Green	747
Chris Pollard	771	George Bryant	744
Chris Lowe	763	Randy Moore	673
Dave Cook	677	Rosie Woodgate	633
Totals	3811		3605
Alan Dell	674	David Lee	488
Steven Jones	488		

Our Easter Shoot results are shown below, together with the results of our Spoon Shoots for April, May, June, July and August..

Easter Egg Shoot, 9th April 2023.

	Archer	Style	Round	2 doz.	H/C	Score	All.	Total	Hits
1	Stephen Wood	Recurve	Warwick	112	65	276	1196	1472	
2	Ken Dell	Longbow	Warwick 50	62	102	194	1274	1468	
3	Paul Champion	Recurve	Warwick	127	61	281	1167	1448	
4	Chris Phillips	Recurve	Warwick	135	59	287	1154	1441	
5	Alan Dell	Recurve	Warwick 20	188	61	392	1045	1437	
6	Oliver Dell	Recurve	Warwick 20	48	119	143	1269	1412	
7	Alex Sarzi-Sartori	Recurve	New Warwick	118	45	226	1179	1405	
8	Tony Lewis	Recurve	Warwick 30	128	84	229	1148	1377	
9	Sienna Rose	Recurve	Warwick 20	103	103	209	1165	1374	

Spoon Shoot shot on 30 th April 2023									
	Archer	Style	Round	2 doz.	H/C	Score	All.	Total	Hits
1	Dave Cook	Recurve	Long Warwick	65	68	202	1279	1481	
2	Chris Phillips	Recurve	Warwick	122	62	298	1174	1472	
3	Tony Lewis	Recurve	Warwick 20	100	104	288	1172	1460	
4	Oliver Dell	Recurve	Warwick 20	39	123	164	1294	1458	
5	Stephen Wood	Recurve	Warwick	132	60	294	1161	1455	
6	Alex Nolan	Recurve	Warwick 20	154	89	360	1089	1449	
7	Alan Dell	Recurve	Warwick 40	184	54	390	1057	1447	
8	Ken Dell	Longbow	Warwick 40	72	90	173	1268	1441	
9	Alex Sarzi-Sartori	Recurve	WA 70 metre	246	45	487	953	1440	72
10	Mia Phillips	Recurve	Warwick 40	150	68	322	1118	1440	48
11	Jagbir Bansal	Recurve	Warwick 20	111	101	285	1153	1438	
12	Chris Lowe	Recurve	Warwick	141	57	294	1141	1435	
13	Eve Nolan	Recurve	Warwick 20	73	111	200	1217	1417	
14	Dean Hartigan	Barebow	Warwick	54	81	101	1311	1412	
15	Tom Nolan	Recurve	Warwick	172	46	305	1048	1353	

This shoot and the May one utilised the new Handicap Tables issued for our use from January 1st 2023. As these shoots were early in the season, before people had the chance to shoot the three rounds required for their new ratings, it was permitted that Records Officers could use the first two dozen scoring arrows of a round to calculate the archers' handicap ratings. Out thanks go to our Outdoor Records Officer, Chris Lowe, for administering the new system, and to our Indoor Records Officer, Dave Clegg who has been doing the same since July 1st!

Spoon Shoot shot on 14 th May 2023									
	Archer	Style	Round	2 doz.	H/C	Score	All.	Total	Hits
1	Kieron Phelan	Recurve	New Warwick	40	68	133	1338	1471	
2	Stephen Wood	Recurve	Warwick	74	75	199	1270	1469	
3	Mia Phillips	Recurve	Western 40	168	61	736	728	1464	
4	Dean Hartigan	Barebow	Warwick 30	150	77	350	1108	1458	
5	Chris Lowe	Recurve	Warwick	150	54	322	1124	1446	
6	Ken Dell	Longbow	Warwick 50	37	95	94	1351	1445	
7	Chris Phillips	Recurve	Western	146	55	615	819	1434	
8	Alan Dell	Recurve	Warwick 50	158	58	324	1108	1432	
9	Oliver Dell	Recurve	Warwick 20	52	118	153	1263	1416	
10	Sam Mortimer	Recurve	York	134	40	870	535	1416	
11	Alex Sarzi-Sartori	Recurve	York	113	46	659	651	1310	

Spoon Shoot shot on 11 th June 2023, in conjunction with our Club Championships									
	Archer	Style	Round	H/C	All.	Score	Total		
1	Chris Phillips	Recurve	Bristol 2	57	526	1019	1545		
2	Chris Lowe	Recurve	York	54	821	717	1538		
3	Sam Mortimer	Recurve	York	47	672	855	1527		
4	Alex Sarzi-Sartori	Recurve	York	43	591	925	1516		
5	Oliver Dell	Recurve	Warwick 20	119	1269	224	1493		
6	Stephen Wood	Recurve	National	62	1053	429	1482		
7	Ken Dell	Longbow	National 50	94	1309	165	1474		
8	Dave Cook	Recurve	York	51	756	685	1441		
9	Tom Nolan	Recurve	National	58	1012	416	1428		
10	Alan Dell	Recurve	National 50	60	969	372	1341		

Spoon Shoot shot on 16 th July 2023, within our Club FITA Championships									
	Archer	Style	Round	H/C	All.	Score	Total		
1	Dean Hartigan	Barebow	Short Metric G	80	1242	262	1504		
2	Stephen Wood	Recurve	Short Metric G	60	1030	420	1450		
3	Alan Dell	Recurve	Short Metric G	60	1030	410	1440		
4	Oliver Dell	Recurve	Short Metric 4	115	1263	158	1421		
5	Chris Lowe	Recurve	WA1440 (90m)	52	594	778	1372		
6	Sam Mortimer	Recurve	Short Metric G	45	894	476	1370		
7	Chris Phillips	Recurve	WA1440 (90m)	53	615	676	1291		
8	Alex Sarzi-Sartori	Recurve	WA1440 (90m)	41	390	808	1198		

Spoon Shoot shot on 13 th August 2023, within our Club Double American Competition									
	Archer	Style	American	H/C	All.	Score	Total		
1	Ken Dell	Longbow	American	92	1274	256	1530		
2	Alan Dell	Recurve	American	60	878	604	1482		
3	Oliver Dell	Recurve	American	115	1183	288	1471		
4	Stephen Wood	Recurve	American	60	878	591	1469		
5	Chris Lowe	Recurve	American	52	797	620	1417		
6	Dean Hartigan	Barebow	American	77	1100	282	1382		
7	Alex Sarzi-Sartori	Recurve	American	41	715	656	1371		
8	Sienna Rose	Recurve	National 20	103	1063	271	1334		



68th Club Target Championships

Shot at Bretons Manor

Sunday 11th June 2023

Weather excellent with occasional breeze.

Awards based on Straight Score

Gentlemen's York Round, Recurve

1	Alex Sarzi-Sartori	925	Championship Trophy and Gold Medal
2	Sam Mortimer	855	Silver Medal
3	Chris Lowe	717	Bronze Medal
4	Dave Cook	685	

Alex also won the medal for the best straight score by an archer with a handicap between 0 and 45 and Sam Mortimer for the best score for a handicap rating between 46 and 150, Chris Phillips Best Gold-12, Steve Wood Best Gold-6 and the Worst White Trophy went to Chris Lowe

No adult ladies took part in this year's competition.

Gentlemen's Bristol II Round.

	Archer	Score	Award
1	Chris Phillips	1019	Trophy and Gold Medal

Junior Gentlemen Under 14, Warwick 40.

	Archer	Score	Award
1	Alex Nolan	135	Trophy and Gold Medal

Junior Gentlemen Under 12, Warwick 20

1	Oliver Dell	224	Gold Medal
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Junior Ladies Under 12, Warwick 20

1	Sienna Rose	261	
2	Evie Nolan	206	

Gentlemen's Longbow Championships, National

	Archer	Score	Award
1	Ken Dell	165	Trophy and Gold Medal
2	Simon Elliott	107	Silver Medal
3	Dean Hartigan	22	Bronze Medal

Esme Henley Trophy; Highest Score on Handicap by an archer with less than two years' experience.

	Archer	H/cap	All	Score	Total	Award
1	Sam Mortimer (York)	47	672	1527	1667	Trophy and Gold Medal
2	Alex Sarzi-Sartori (York)	43	591	925	1516	Silver Medal
3	Oliver Dell	119	1269	224	1493	Bronze Medal
4	Stephen Wood (National)	62	1053	429	1482	
5	Dave Cook (York)	51	756	685	1441	
6	Tom Nolan (National)	58	1012	416	1428	

Hammond Trophy, Awarded for the Highest Score on Handicap, this year awarded for the York Round only.

	Archer	H/cap	All	Score	Total	Award
1	Chris Lowe	54	821	717	1538	Trophy and Gold Medal
2	Sam Mortimer	47	672	855	1527	Silver Medal
3	Alex Sarzi-Sartori	43	591	925	1516	Bronze Medal
4	Dave Cook	51	756	685	1441	

Junior Gentlemens' Championship, shot on Handicap based on first 24 arrows.

	Archer	H/cap	All	Score	Total	Award
1	Alex Nolan (Warwick 40)	90	1324	135	1459	Trophy and Gold Medal
2	Oliver Dell (Warwick 20)	108	1197	224	1421	Silver Medal

New Members' Round, shot on Handicap based on first 24 arrows.

	Archer	H/cap	All	Score	Total	Award
1	Jagbir Bansal (Warwick40)	86	1299	203	1502	Trophy and Gold Medal
2	Chip Thorne (Warwick 30)	73	1147	349	1496	Silver Medal
3	Brian Raven (Warwick 30)	73	1147	326	1473	Bronze Medal

Munroe Cup, awarded for the best score on handicap for the afternoon round

	Archer	H/cap	All	Score	Total	Award
1	Oliver Dell (Warwick 20)	119	1269	224	1493	Trophy and Gold Medal
2	Stephen Wood (National)	62	1053	429	1482	Silver Medal
3	Ken Dell (National 50)	94	1399	165	1474	Bronze Medal
4	Tom Nolan (National)	58	1012	416	1428	
5	Alan Dell (National 50)	60	969	372	1341	

Thanks go to Jan Lowe for organising and presenting the trophies and medals and to Chris Lowe for doing the results and all our members who took part.



BOWMEN OF ARDLEIGH
44th WA1440 (FITA) CHAMPIONSHIPS
16th July 2023

Recurve

Gents WA1440 (90m)	Score	Hits	Golds	Ladies Champion
1 Chris Lowe	778	129	5	Maria Coppens
2 Chris Phillips	676	116	2	
3 Dave Cook	532	99	1	Gents Champion Chris Lowe

Short Metric Ladies	Score	Hits	Golds	Junior Ladies Champion
1 Maria Coppens	335	60	3	Sienna Rose

Short Metric Gents	Score	Hits	Golds	Junior Gents Champion
1 Sam Mortimer	476	71	1	Oliver Dell
2 Stephen Wood	420	65	2	
3 Alan Dell	410	65	2	

Short Metric 4 - J Ladies	Score	Hits	Golds
1 Sienna Rose	328	56	2

Short Metric 4 - J Gents	Score	Hits	Golds
1 Oliver Dell	158	32	0

New Members	Score	Hits	Golds
1 Chipe Thorn	492	71	4

Barebow

Short Metric Gents	Score	Hits	Golds
1 Dean Hartigan	262	49	0

Prior Trophy Handicap - For archers with 2 years or more of experience.

Pos	Archer	Bow Style	Round	Score	ALO	Total	H/C	Hits	Golds
1	Stephen Wood	Recurve	Short Metric G	420	1030	1450	60	65	2
2	Allan Dell	Recurve	Short Metric G	410	1030	1440	60	65	2
3	Chris Lowe	Recurve	WA1440 (90m)	778	594	1372	52	129	5
4	Sam Mortimer	Recurve	Short Metric G	476	894	1370	45	71	1
5	Chris Phillips	Recurve	WA1440 (90m)	676	615	1291	53	116	2
6	Dave Cook	Recurve	WA1440 (90m)	532	574	1106	51	99	1

The weather on the day was pleasantly warm. Thanks go to Jan Lowe for presenting the awards and to Chris Lowe for working out the placings.



BOWMEN OF ARDLEIGH
53rd Clout Championships
Sunday 23rd July 2023

Single Clout Round

A pleasant day with some breeze. The scores for those who are in the competition last year are shown in brackets.

Ladies (140 yards)

	Score	Awards
1 Maria Coppens	50 (33)	Championship Trophy and Gold Medal

Gentlemen's Recurve (180 yards)

1 Alex Sarzi-Sartori	86 (6)	Championship Trophy and Gold Medal
2 Dave Cook	59 (46)	Silver Medal
3 Chris Lowe	58 (14)	Bronze Medal
4 Steve Jones	22	(11 hits)
5 Chris Phillips	22 (13)	(9 hits)

Gentlemen's Longbow (100 yards)

1 Colin Elliott	35	Gold Medal
2 Simon Elliott	6	Silver Medal

New Members (100 yards)

1 Jagbir Bansal	51	Gold Medal
2 Chip Thorne	50	Silver Medal

Lewis Trophy, awarded for the most improvement on last year's Championship Score (shown in brackets) was one by Alex Sarzi-Sartori with an improvement of 80 points.

Thanks again to the members who helped lay out and put away the field for this "once a year day". It's quite a task putting out the ropes and flags to take in a much bigger area but we must accord with the GNAS Rules for shooting Clout and we're fortunate we have the room to do it on our field. Thanks also go to Chris Lowe for arranging and measuring the field, Alex for controlling the shooting and Jan Lowe for arranging the trophies and awards and presenting them. Some members are asking that next year we go back to making this shoot a double, all day one, as it used to be.



Bowmen of Ardleigh
Double American Championship
13th August 2023

Turned out not too bad a day! Rain threatened but didn't precipitate, strong left to right wind with occasional gusts to make life interesting. Not too hot or cold and good light to shoot in with occasional sunshine.

Double American Round, Gentlemen Recurve

Pos.	Archer	Score		
1	Alex Sarzi-Sartori	1316		
2	Chris Lowe	1305		
3	Alan Dell	1184		
4	Steven Jones	913		

Double National 20

Pos.	Archer	Score		
1	Oliver Dell	627		

Handicap Competition for the Beales Trophy

Pos.	Archer	Style	Round	H/cap	All/Double	Rnd. 1	Rnd. 2	Total	Awards
1	Oliver Dell	Recurve	D/National 20	115	2366	288	339	2993	Beales Trophy and medal
2	Alan Dell	Recurve	D/American	60	1756	604	580	2940	Silver Medal
3	Chris Lowe	Recurve	D/American	52	1594	620	685	2899	Bronze Medal
4	Alex Sarzi-Sartori	Recurve	D/American	41	1430	656	660	1316	

Single Rounds

Pos.	Archer	Style	Round	H/cap	All	Score	Total	Awards
1	Ken Dell	Longbow	American	92	1274	256	1530	Gold Medal
2	Stephen Wood	Recurve	American	60	878	591	1469	Silver Medal
3	Dave Cook	Recurve	American	51	788	653	1441	Bronze Medal
4	Dean Hartigan	Barebow	American	77	1100	282	1382	
5	Sienna Rose	Recurve	National 20	103	1063	271	1334	

New Members' Round.

Pos.	Archer	Style	Round	Score	Awards
1	Brian Raven	Recurve	St. Nicholas	115	Gold Medal

Thanks go to Jan for organising the Awards, Chris Lowe for the results, Alex, our Field Captain and our members and families for helping the shoot to run so well.