



Bowmen of Ardleigh  
Small Newsletter No.137  
November 2023

Beginning at the beginning!

Our last Outdoor Spoon Shoot took place on 3<sup>rd</sup> September 2023 and the results were as follows.

Pos.	Archer	Discipline	Round	H/cap	Score	All.	Total
1	Ken Dell	Longbow	Warwick 50	88	153	1312	1465
2	Oliver Dell	Recurve	Warwick 20	111	225	1217	1442
3	Chris Pollard	Recurve	Warwick	56	305	1135	1440
4	Alan Dell	Recurve	Warwick	54	310	1124	1434
5	Brian Raven	Recurve	Warwick 40	78	245	1180	1425
6	Chris Lowe	Recurve	Warwick	50	308	1102	1410
7	Alex Sarzi-Sartori	Recurve	Warwick	41	338	1064	1402

Our match with Colchester, the last in the Essex Windsor Summer League series for 2023 was away to Colchester on 10<sup>th</sup> September 2023. Both teams having won all their previous matches meant the result of this shoot would decide the Division winners and the result was as follows.

Colchester		Ardleigh	
Richard Gardiner	918	Chris Lowe	786
Lisa Wakeman	860	Chris Phillips	754
Mark Cutting	820	Dave Cook	742
Clive Pearce	762	Stephen Wood	670
Graham Hill	760	Chip Thorne	506
Totals	4120		3458
Dave Collins	756		
Adam Martin	728		

A win for Colchester by 662 points so they are the Division winners for this year so congratulations to them (we won it in 2022!). Thanks go to all our members who shot in our teams this year and especially Stephen and Chip, who took part in our Club's Team for the first time in this match.

Our first Spoon Shoot of the Indoor Season took place on the weekend 6<sup>th</sup> to 8<sup>th</sup> October 2023.

I usually don't include the hits and golds section but by way of explanation, if there's a tie on total score between two archers then the result is decided firstly by the number of hits and then the number of golds. This system is followed through most of the general Archery shoots, whether on straight score or with handicap totals.

	<b>Archer</b>	<b>H/C</b>	<b>Score</b>	<b>Allowance</b>	<b>Total</b>	<b>Hits</b>	<b>Golds</b>
1	Steven Jones	61	472	974	1446	59	1
2	Chris Phillips	56	485	947	1432	60	12
3	Chris Lowe	47	519	908	1427	58	23
4	Alex Sarzi-Sartori	49	507	916	1423	60	12
5	Stephen Wood	51	481	924	1405	60	9
6	Elaine Jones	65	392	1000	1392	59	3
7	Ken Dell (LB)	81	249	1139	1388	46	0
8	Dean Hartigan (LB)	86	183	1190	1373	38	0

The Indoor Handicapping System is set by Archery GB and both the Indoor and Outdoor systems are both run in the same way. As soon as people have shot three Portsmouth or other rounds after July 1<sup>st</sup> this year they will then have an indoor handicap rating, especially if they've actually given them to the Indoor Records Officer using one of the slips in the Score Box or with a screen shot if they have the technology. Please be aware, though, that the Spoon Shoots and other competitions should also be scored on one of our written score sheets and what is on that is what will be taken as your score, whatever's on your 'phone, so do check it's correct. Please don't leave the adding up to the end, keep checking that your scores are being entered correctly and add the running totals as you go. Speaking as someone

who has previously been a Records Officer, if this is not done, it delays the final results being prepared and has even been known to make the relevant Records Officer very grouchy!

The various handicapping systems formulated over the years have generally been regarded as dark and arcane by most members but they really are quite straightforward although there are now many more classes and sections than there were originally. In the distant past, archers did keep their own reckonings, just to check the Records Officer was keeping their rating accurately, but that was before computers reared their head and there are now programmes that are (supposed to) work everything out for you. There has already been one update to the Golden Records System being used and probably anomalies will continue to pop up as time goes on. At the risk of confirming my status as a fossil, the original, somewhat prehistoric system, did work without the aid of electricity!

Our Annual Field Championships took place on Sunday 22<sup>nd</sup> October 2023. The day was, again, very pleasant with lots of sunshine. We really have been lucky with the weather on all of our Championship days this year and the photographs below show this quite well. The results sheet for the shoot is on a separate page at the end of this newsletter.

Our “bespoke” handicapping system once again worked very well, with some ties decided on hits.



Shown are our Field Trophy table with our new medal centres celebrating our 70<sup>th</sup> Anniversary. These are also available as pin badges.



The picture above right on the previous page is our Gentlemen's Longbow Trophy. The hallmarked silver plate I had made where I used to work by Marlow Bros, Silversmiths, and the engraving was done by Larry O'Connell, a noted boxer as an amateur and a World class Boxing referee. The leather bracer was made by another member, George Weaver and the wood base is of yew, made by John Rayment (now a professional actor) who was also a good shot and a former Essex Clout Champion too! On the back, based on a 17<sup>th</sup> Century original, there are discs attached to the laces engraved with the year and the name of the Champion.

The notes that follow may be familiar to our members. They are purely my own opinions gathered over many years of shooting at various levels and I found they worked for me. I've gone over these things in newsletters over the years but it should do no harm to print them again!

There are various things that can help with the consistency that helps your arrows to group. There is nothing inherently "wrong" with dropping your bow arm as you loose your arrows. Nothing wrong, that is, if you drop your arm the same amount on every shot! Our members will mostly be quite familiar with my observation to keep their "bow arm pointed towards the target until the arrow hits". This doesn't make any difference to the good, well shot arrows, they'll hit where they're aimed anyway (not necessarily in the middle!). The difference will seen in those less well shot arrows that we all get and can make a couple of points difference in each of those errant arrows, which will make a considerable difference at the end of a round. Anyway, a well-shot arrow will be affected less by the weather than a poorly-shot one.

If you think you won't shoot well, for whatever reason (wind, rain, etc.) it's very likely that you won't! Confidence in yourself is probably the most important thing. Self-doubt is the things that nibbles at the roots of Archery.

This last is in the style of an Elizabethan rhyming couplet.

"If you believe, you will achieve,  
But if you don't, you won't."

Some people are happy just shooting arrows and accept that, given the time they can take part in Archery, they won't always hit the middle. Others may want to shoot well all the time. This doesn't happen, even at the elevated level of the Olympics. The top archers put so much time into dedicated practice and coaching sessions they achieve a level of consistency that is quite amazing but even they get the odd arrow that doesn't go where they thought it should.

Our October Spoon Shoot took place over the weekend of the 6<sup>th</sup>/8<sup>th</sup> October and the results were as follows.

	<b>Archer</b>	<b>H/C</b>	<b>Score</b>	<b>Allowance</b>	<b>Total</b>
<b>1</b>	Steven Jones	61	472	974	1446
<b>2</b>	Chris Phillips	56	485	947	1432
<b>3</b>	Chris Lowe	47	519	908	1427
<b>4</b>	Alex Sarzi-Sartori	49	507	916	1423
<b>5</b>	Stephen Wood	51	481	924	1405
<b>6</b>	Elaine Jones	65	392	1000	1392
<b>7</b>	Ken Dell (LB)	81	249	1139	1388
<b>8</b>	Dean Hartigan	86	183	1190	1373

The zombies made another appearance at our Halloween Shoot on Sunday 29<sup>th</sup> October 2023. Thanks go to Chris Phillips for arranging things and other members for their assistance and Dean for bringing the sweets! Pictures of the event are shown below. Sheron dressed up! Another took the opportunity to see what they once looked like with hair!



Members will have many other pictures, but these are fairly comprehensive! Thanks go also to members who bought along food and drinks. A very enjoyable day and we had a visit from Abbey Bowmen too. Much enjoyed by all.

Our November Spoon Shoot took place on the weekend 3<sup>rd</sup> to 5<sup>th</sup> November 2023 and the results are below. The Round shot was a Portsmouth (60 arrows at 20 yards on a 60cm. target).

	Archer	H/cap	Score	Allowance	Total	Award
1	Chris Brown	78	312	1109	1421	Spoon
2	Alan Dell	49	500	916	1416	500 Badge
3	Stephen Wood	41	524	888	1412	520 Bar
4	Chris Phillips	39	508	901	1409	
5	Sam Mortimer	31	538	864	1402	
6	Elaine Jones	60	416	968	1384	
7	Dean Hartigan (LB)	55	235	1119	1354	
8	Tom Nolan	40	464	885	1349	
9	Alex Sarzi-Sartori	37	455	877	1332	
10	Ken Dell (LB)	69	214	1029	1243	
11	Steven Jones	Retired				



Congratulations to Chris, taking part in his first handicap target shoot. Chris has been shooting for around two months now and the picture above right was taken during an earlier practice session. That group was at the regulation distance of 20 yards, shot with a Club practice bow with arrows that probably didn't match! Chris is enjoying his Archery very much. Long may it continue, as the essence of our Club is, first and foremost, enjoyment.

And that was continued at our 70<sup>th</sup> Anniversary get together at the Dagenham and Redbridge Football Club on Saturday 11<sup>th</sup> November. Some presentations for competitions that run throughout the year were made and there was a special award, The President's Prize, which this year went to Alex Sarzi-Sartori with the citation as follows.

"Since he joined our Club, this archer has demonstrated great enthusiasm for our sport, getting involved with all aspects of our sport, organising social activities and getting involved with administrative things on our Committee as well.

"He is a real asset to our Club and its members, and the President's Award this year goes to Alex Sarzi-Sartori." Members, their relatives and friends had a very pleasant evening. Some of the pictures taken have already appeared on Facebook and more are shown below. As can be seen, most of those present took the opportunity, mostly, for a chat!



Lots seems to have happened in quite a short time! There should be another newsletter before the end of the year and in that one, additional to my usual observations about shooting economically, there will be notes on breathing during shooting which members may find of interest (or not!) and which they might try.



THE BOWMEN OF ARDLEIGH  
62nd FIELD CHAMPIONSHIPS  
22<sup>nd</sup> OCTOBER 2023

Straight Score Results.

Gentlemen's Barebow Championship

	Archer	Rnd.1	Rnd. 2	Total	
1	Chris Phillips	82	68	150	Baldwin Trophy and Gold Medal
2	Chris Lowe	72	60	132	Silver Medal
3	Colin Vaughan	57	48	105	Bronze Medal
4	Chip Thorne	43	45	88	
5	Wes Pateman	33	35	68	
6	Alan Dell	31	33	64	
7	Steven Jones	24	39	63	
8	Alex Sarzi-Sartori	20	35	55	
9	Brian Raven	24	26	50	
10	Jagbir Bansal	15	32	47	

Junior Ladies' Barebow Championship

	Archer	Rnd.1	Rnd. 2	Total	
1	Sienna Rose	15	6	21	Trophy and Gold Medal

Junior Gentlemen Barebow Championship

	Archer	Rnd.1	Rnd. 2	Total	
1	Brennan Pateman	7	10	17	Trophy and Gold Medal

Gentlemen's Longbow Championship

	Archer	Rnd.1	Rnd. 2	Total	
1	Ken Dell	20	26	79	George Weaver Silver Bracer and Gold Medal
2	Dean Hartigan	12	26	38	Silver Medal

COMPETITION ON HANDICAP

The Handicap Allowance is the difference between the highest score for the first round and the scores for those below. This is added to the score for the second round. Ties were decided, as always, on hits.

	Archer	Rnd. 2	All.	Total	Hits	
1	Jagbir Bansal	32	67	99		Wright Shield and Gold Medal
2	Steven Jones	39	58	97	22	Callard Trophy and Silver Medal
3	Alex Sarzi-Sartori	35	62	97	19	Bronze Medal
4	Dean Hartigan	26	70	92		
5	Ken Dell	26	62	88		
6	Brennan Pateman	10	75	85		
7	Chip Thorne	45	39	84	33	
8	Wes Pateman	35	49	84	26	
9	Alan Dell	33	51	84	25	
10	Brian Raven	26	58	84	17	
11	Colin Vaughan	48	25	73	33	
12	Sienna Rose	6	67	73	10	
13	Chris Lowe	60	10	70		
14	Chris Phillips	68	0	68		

The day was pleasant with sun generally, occasionally slightly overcast but with little breeze. Thanks go to Jan Lowe for organising the entries and presenting the prizes, Chris Lowe for doing the results, Alex, our Field Captain on the day, and members for their help with setting out the field and putting things away. Congratulations go to everyone for taking part and it's nice that so many of the participants were members who only joined us this year.