



Bowmen of Ardleigh Newsletter

February 2025



Welcome back. Hopefully by this point everyone is recovered from Christmas and starting to enjoy the slightly longer days. January was a busy month for the club, with beginners courses and our annual indoor championship thrown in on top of the usual number of events.

Beginners courses

Our latest beginners course was very well attended, and even had to be extended by a week to accommodate all our new starters. Big thanks to the members who stayed to help with coaching, and welcome to all those who joined after their sessions. Hopefully you will enjoy the club and the sport for a long time to come.

Bowmen of Ardleigh Indoor Championship 2025

On 19th January we held our annual indoor championship. There were a lot of trophies up for grabs and we had a reasonable turnout over two sessions (with a couple of especially enthusiastic people shooting at both sessions!). Although we keep our competitions relaxed and friendly, its not always easy to put yourself out there and enter an event that requires you to score yourself, so well done to everyone who entered.

And a special well done to our category winners:

Gents Recurve: Chris Pollard

Ladies Recurve: Christine Shoulder

Juniors u12: Jeyda Turk



Gents Barebow: Dave Stokes

Gents Longbow: Ken Dell

Jim Watchman Trophy (highest unrewarded straight score): Stephen Wood

Tom Foy Memorial (highest straight score for archers shooting less than 2 years): Christine Shoulder

Little Bell Cup (highest score based on handicap): Oliver Dell

Tom Foy Trophy (highest handicap score for archers shooting less than 2 years): Oliver Dell

County Coaching

Alex, Christine and Scott braved freezing temperatures and an early morning start to attend the third of four indoor coaching sessions run by the ECAA on 25th January. If anyone would like to attend the final session on 22nd February please speak to Alex or Christine who can give you the relevant details.

There should also be outdoor coaching sessions across Essex over the summer so stay tuned!

Club results

January 2024 Spoon Shoot - Congratulations to Dean, who won the January Spoon.



Archer	H/C	Score	Allowance	Total	Hits	Golds
1 Dean Hartigan (LB)	75	393	1080	1473	60	5 Spoon
2 Jeyda Turk	62	481	980	1461	60	9 Jr 500 badge (450) +480 bar
3 Christine Shoulder	51	510	924	1434	60	12
4 Stephen Wood	44	530	902	1432	60	18 530 bar
5 Alan Kilsby	65	420	1000	1420	60	0
6 Alex Sarzi-Sartori (BB)	46	515	904	1419	60	14
7 Sam Mortimer	34	539	870	1409	60	18
8 Chris Pollard	37	522	877	1399	60	13
9 Alan Dell	46	486	904	1390	60	9
10 Oliver Dell	99	78	1306	1384	19	0
11 Tom Nolan	52	452	928	1380	60	4

December 2024 Bray League Scores

Ardleigh A: Bye				Ardleigh B: Rushgreen B			
Archer	score	Hits	Golds	Archer	score	Hits	Golds
Mr Chris Pollard	261	30	4	Mr Chris Lowe	230	29	3
Mr Sam Mortimer	251	30	3	Mr Alan Dell	222	30	3
Mr Stephen Wood	251	30	8	Miss Jeyda Turk (Jr)	196	30	2
Mrs Christine Shoulder	238	30	5	Mr Steven Jones (BB)	186	30	0
Mr Chris Phillips (BB)	238	30	5	Mr Dave Cook	183	29	2
	1239	150	25		1017	148	10

Ardleigh Longbow: Colchester

Archer	score	Hits	Golds
Mr Ken Dell	132	29	0
Mr Dean Hartigan	130	25	1
	262	54	1

December Andy Harris League.

December '24		Opponent: Tudor B	
Archer	Score	Hits	Golds
Mr Chris Pollard	325	36	13
Mr Alan Dell	304	36	7
Mr Chris Lowe	284	36	5
Mr Brian Raven	184	30	0
Mr Scott Westwood (BB)	162	32	0
Total	1259	170	25

New Club Records

Gentleman, Frostbite, Barebow, Alex Sarzi-Sartori, 292 (15/12/2024) - Previous record Mark Turner, 283 (2015)

Topic of the month - The importance of warming up

In everyday life we all understand the importance of warming up properly before doing exercise, and I doubt any of us would go for a run, swim or start a heavy gym session without doing a quick warmup first. Yet we very rarely see archers warming up before shooting, or if they do, it usually just involves a couple of quick arm swings and one or two pulls of an exercise band!

Archery is a sport which requires repeated fine motor skills under tension, and tends to use muscles that we don't often utilise at other times. This makes it easier for you to injure yourself, and injuries can potentially put you out of action for a long time while you heal. Warming up your body, and particularly the muscles you will be using to shoot, will reduce your risk of injury, improve your performance and enhance your flexibility.

There is an excellent article from Archery GB here which explains how to prevent injury through warming up and incorporating stretching into your training: <https://archerygb.org/news/improve-your-game-how-to-prevent-injury>

So, how should we warm up? A good starting point is any dynamic movement that slightly raises your heart rate - for example a short, brisk walk. This will improve your blood flow and widen your blood vessels, improving oxygen flow to your muscles. Maybe you could walk to the club rather than drive, or if you live too far away to walk, you could park at the other end of the carpark.

Then, there are a variety of movements and stretches you can work through to directly warm up your shooting muscles. This video is a good demonstration of the different stretches you can try: <https://youtu.be/37-EJhyhI5A?si=DcZn6LPjrTkxj4is>

If you have an exercise band, you can also spend one or two minutes working through the stages of a shot sequentially - raising your bow arm, placing tension on the band (as you would a string) and then drawing back to engage your back muscles.

If you feel pain at any point while warming up, remember to stop immediately and scale back the intensity of what you're doing. There's nothing worse than pulling a muscle before you've even started!

Happy (warmed up) shooting!

Dates for your diary

February Spoon Shoot - Friday 7th and Sunday 9th February

ECAA Indoor Championships - Saturday 8th and Sunday 9th February

Archers Dining Society - Thursday 13th February

February Andy Harris - Sunday 16th February

ECAA Indoor Coaching - Saturday 22 February

Rayleigh Town Archery Club Open Portsmouth - Sunday 23rd February

ECAA AGM - Saturday 15th February

Rush Green Bowmen Portsmouth - Sunday 6th April

West Essex Air Ambulance Double - Saturday 26th and Sunday 27th April