



# THE ARROWHEAD

THE NEWSLETTER  
OF LASSWADE ARCHERY CLUB



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**ISSUE NO 32 – AUGUST 1998**

Dear Members

Well here we are again and now into the second half of the year. The outdoor season continues and it is pleasing to report that our affiliated and non-affiliated members are continuing to add to their tally of awards despite the constant wet weather we have been experiencing.

## **CLUB NEWS**

### **OUTDOOR CLUB CHAMPIONSHIPS – 23 AUGUST 1998**

As reported in last month's newsletter, our outdoor club championships will be taking place with the round being a York/Hereford. If you wish to take part then please let me know no later than Wednesday the 19<sup>th</sup> of this month.

If there is little or no interest, the outdoor trophies will have to be awarded to those shooting the Double Fita/Lasswade Open next month or, as a last resort, on the basis of outdoor shoots attended.

### **S.A.A. DOUBLE FITA STAR (WRS) / LASSWADE OUTDOOR OPEN FITA – 5<sup>TH</sup> AND 6<sup>TH</sup> SEPTEMBER 1998**

For the third and final year I will be running this shoot on behalf of the S.A.A.

As always we will be holding a raffle, so please help by giving some donations if you can.

I will not ask for some non-shooting members to assist me, as I would probably be wasting my time - another reason for me standing down as organiser for this tournament.

### OUTDOOR CLASSIFICATIONS/HANDICAPS

Andy has drawn up a list of outdoor classifications and handicaps for club members. Only those members who have shot or ~~are~~ shooting outdoor rounds have received a copy.

If you disagree with your classification or handicap then please see Andy.

### POSTAL LEAGUES 1998/99

I know some of you are apprehensive about volunteering to run the postal rounds so Bill C will once again run them on our behalf and save some of you a few blushes!

A short report on the awards for the 1997/98 season follows next:-

#### British Archer Postal League 1997/98 – Awards

The British Archer has confirmed to us our compound 'A' team has won Division 22 in the Compound Portsmouth League. I have been sent 3 medals for distribution to the team members (2 members in a team) who had the most appearances in the 5 matches.

They are as follows:

Andy (3) Billy (3) Bill M (2) Athol (1) and Ross (1).

Therefore Andy, Billy and Bill M were the lucky recipients and received their medals at a recent club session. Sadly, we had no other medal winners in the B.A. Leagues.

The format for 1998/99 will be 2 ~~republic~~ teams (5 archers per team) and 3 compound teams (2 archers per team).

Bill Carmichael.

### NEW SHOOTS FOR 1998

I have received details of another 3 new shoots to add to the outdoor calendar:-

YORK/HEREFORD or ST GEORGE ALBION (?) Sunday 30<sup>th</sup> August at Forres.

NATIONAL COMPOUND CHAMPIONSHIPS FITA STAR (WRS)- Sunday 30<sup>th</sup> and Monday 31<sup>st</sup> August at Aylesbury.

S.A.A. NORTHERN AREA FLIGHT AND CLOUT CHAMPIONSHIPS (SRS) – Sunday 20<sup>th</sup> September at Castle Fraser.

Full details of the above shoots can be obtained from me.

### **CLUB COMMITTEE MEETING.**

All Committee members are reminded that the next meeting will take place on Thursday 27 August 1998 at 7.30pm.

### **WOLFSTAR FIELD ARCHERY COURSE**

On Wednesday 10<sup>th</sup> and 17<sup>th</sup> July history was made when 2 clubs from different Associations met and shot together. This was as a result of Wolfstar's invitation to Lasswade Archery Club to come and try their hand at field archery on Wolfstar's course in East Lothian.

Wolfstar's course consists of 1 unit of 14 targets, which is set in woodland near to the top of a hill. The targets are set at varying distances from 20 feet up to 80 yards. Four arrows are shot at each target. A full round normally consists of 2 units or 28 targets with 3 or 4 archers in a group.

The 10<sup>th</sup> was a damp day but the weather was kind and it remained dry to allow 12 archers (8 Lasswade, 1 Wolfstar and 3 joint club members) to sample the course.

We arrived at the course at about 7.00pm, set up our equipment and headed to the practice butts. After having a few arrows to loosen up, we split up into four groups and visited each of the 14 targets in turn. The evening was about having fun and learning a little about field archery and the differences yet similarities of the sport. The day ended all too soon and after a discussion about the day's events, we headed for home.

The weather was better on the 17<sup>th</sup> and was bright with some sunshine. This time 7 Lasswade, 4 Wolfstar and 3 joint members took part.

Again we arrived at the course at about 7.00pm and after setting up headed for the practice butts. We again shot round the 14 targets, each archer shooting the distances that they were comfortable with. As it was a brighter night, it was after 10.00pm when we finally set off for home.

All archers involved in the venture thoroughly enjoyed themselves and hopefully we can do it again in the future.

My thanks to Bill and Margaret Mackay, Ross and Colin and Sally Campbell who assisted me on those days and, in particular, the archers from both clubs who participated and made the event a success.

Billy Stewart.

## **LASSWADE / WOLFSTAR SHOOT**

There have been many milestones in the history of our club since its beginning in 1979, too many to list in this short article. In many respects the most significant event took place on two occasions recently. I am talking about our visits to the Field Archery Course at Wolfstar. I would at this stage like to express my own thanks to Billy Stewart, Billy MacKay and the Wolfstar Club in general for giving us the opportunity to try this form of archery. I am sure that all of us who took the chance to try it were both impressed and pleased with the experience.

For those club members who do not know the difference between the two disciplines, a few words of explanation.

As a club we shoot target archery which as you all know consists of shooting a specified number of arrows over set distances at coloured target faces. Field Archery is totally different. The targets are not coloured, only black and white alternate rings. You still shoot set numbers of arrows at each distance. This however is where the first real difference comes in.

- (i) To begin with the distances are not always the same
- (ii) Four arrows are shot at each target
- (iii) Most importantly, the arrows may not all be shot at the same distance at the same target.

Sounds complicated? Not really. There are targets called 'walk-ups' which as the name suggests you 'walk up', shooting one arrow at each of four specified distances. There are also targets known as 'fans', here you shoot at the same distance but at different positions at the shooting pegs. there are even targets where you shoot very short distances – less than 10 yards – only here you must shoot at separate faces and in a top left to bottom right or 'Z' formation.

The main and most significant differences is that the targets are not set up in lines, you have to walk round the course to each target and, after you have scored and collected your arrows, you move on to the next target. A complete field round consists of 28 targets, at Wolfstar there are 14 fixed targets so, to complete a round you would have to go round twice.

The course is in a wood just off the A1 at Pencraik Hill, between Haddington and East Linton. Being in a wood and on a hill you can imagine some rough walking is encountered but nothing too strenuous. Strong footwear is needed and sufficient arrows, should you loose any, and it does happen, you can't spend a lot of time looking for them, especially in a competition, you will have to go back and look for them after the competition is over. Being in a wood there is also the opportunity to see wildlife of various kinds and being on a hill there are some good views of the surrounding countryside.

The difference between the styles of archery is quite subtle, such as keeping your bow perpendicular when standing on a slope, either facing into it or away from it. Experienced Field Archers can be of great assistance here in teaching you the 'field craft' of knowing how to stand and to read the lie of the land. Uphill and downhill targets can be deceiving. Shooting between the branches of trees can also be unnerving – ask Tina James!

I hope this short article will give more club members a taste to try this type of shooting. I certainly will go back. Perhaps we were fortunate that on the two occasions we went the weather wasn't too bad. It may be a different story in the wind and wet. However, if you have ever shot target archery in a howling gale or blizzard, or both, I don't think bad weather on a field round can hold anything different.

I mentioned at the start the Wolfstar Club. Before Lasswade AC was formed, several of us used to go to Meadowbank on a Monday – yes it's being going on that long! Archers from the then Melville Castle Bowmen also went there and were keen for us to join them. Melville Castle Bowmen became Wolfstar so it has taken me nearly twenty years to try Field Archery, it certainly won't be another twenty before I try it again.

Derek Sangster

## **OTHER ITEMS**

### **THE BOW**

#### **Types of Bow**

Bows are constructed in three basic forms; a self-bow is made of one homogeneous piece of material; a built bow is made of joined pieces of the same material; and a compound bow is made of different materials. The best known bow-form is the Welsh or English long-bow. As tall as a man, it revolutionised warfare because it could fire heavy arrows with deadly accuracy at targets more than 180m (600ft) distant. It was so well designed that it remained in use, virtually unchanged, as a sporting bow until the 1930's. A popular European variation was the crossbow, horizontally mounted in a stock (tiller), which was aimed and fired much like a rifle. Because of its mechanical advantage, the crossbow permitted smaller men to fire to greater ranges.

#### **History of the Bow**

The bow was almost certainly the earliest mechanical device to achieve greater speed in a projectile that could be attained by throwing it. It does this by accumulating energy in the bow limbs while drawing (pulling the bowstring back), storing it temporarily while holding and aiming and releasing the stored energy by converting it to energy of flight in the arrow. Initially, and probably for millennia, bows were made of a single material, usually wood (self bows), including those in which two pieces

were fastened together to make the equivalent of a single long stave. Later, some bows were made of several materials such as wood and horn glued together in layers (composite bows) and reinforced with bands of sinew.

The short self bows used in Europe until the late Middle Ages were weak weapons that gave way to the technically superior longbow beginning in the 11<sup>th</sup> century. The English longbow, made of wood from the English yew tree (*Taxus baccata*), became famous in legend and history for the victories it won over the French at the battles of Crecy, Poitiers and Agincourt during the Hundred Years War. Composite bows made of wood, horn and sinew were used through much of Asia during the same period.

Up to about 1930, the history of Western archery as a sport was the history of the longbow. This bow had disadvantages however. It was subject to differing conditions of temperature and humidity, it needed to be left unstrung when not in use and using it was an art. The bow that replaced it in the mid-20<sup>th</sup> century was a composite design made of laminated wood, plastic and fibreglass that was little affected by changes of temperature and humidity. The limbs of the composite bow are laminated with a thin strip of wood serving as a core for facing and backing strips of fibreglass that are secured to it with epoxy glue. The bow's rigid middle section gives the archer a good grip and its thin, wide, fibreglass limbs are exceedingly strong.

### **Composite & Compound Bows**

The composite bow gives superior accuracy, velocity and distance in comparison to the longbow.

Using a modern bow, target archers of equal skill can score an average 30 – 40 percent higher than they can with the longbow. The modern composite bow shoots farther than the longbow – a maximum distance of more than 850 yards has been obtained with it compared to about 300 yards for the longbow. The efficiency (the percentage of energy in a fully drawn bow that is transferred to the arrow at the moment of loose) of the modern bow doubles that of the longbow, the velocity of the arrow with the new bow reaching 212 feet (65m) per second as opposed to 150 feet per second. The wooden arrows used by archers for millennia have been replaced by ones made from aluminium-alloy or fibreglass tubing and plastic fins have replaced feathers. The arrows' points are made of steel and nylon is used for the bowstring.

A more recent innovation is the compound bow, which uses a system of cables and pulleys to make the bow easier to draw. Compound bows have achieved increasing popularity since a two-pulley design was introduced in the 1960's.

### **Modern Equipment**

The modern target bow varies in length according to the height of the archer but is usually 68 to 70 inches. Similarly, arrows vary from 22 to 30 inches. The drawing force of a bow (the number of pounds of energy needed to draw back an arrow to the fullest) varies from 30 to 50 pounds (14 to 23kg) for men and from 20 to 40 pounds for women.

The archer usually carries arrows in a quiver, a container hung over the shoulder or slung from the belt. A glove or finger protector shields the fingers used to draw the bowstring back and a bracer is fitted to the inside forearm of the bow arm to protect against the released bowstring.

Additional pieces of equipment have become common with the increasing popularity of the sport. These include devices attached to the bow, such as stabilisers (long rods that project from the bow), torque flight compensators (shorter rods with weights attached), counterweight rods and lens-less bowsights (devices for aiming). When these devices are allowed, competition is called freestyle, when they are not, it is known as bare bow.

In Western nations the so-called Mediterranean draw is used to draw and loose the arrow, this is executed by pulling the string back with three fingers, the first being above the second and third below the nocked arrow. with right handed shooting, the arrow is shot from the let side of the bow.

Andy Robertson

## **COMPETITIVE ARCHERY**

### **Archery Range**

An outdoor archery range is most desirably laid out on level turf north to south, with shooting done to the north. Some competitions, however, take place indoors. A target is usually a boss of tightly coiled straw rope about 4 inches thick and about 4 feet in diameter on which is stretched a canvas face with concentric scoring rings (British 5 rings, FITA 10), scored 9, 7, 5, 1 outward from the centre (British; also used in the United States) and 10 through 1 (FITA). Target sizes vary at different distances.

### **Types of Archery**

The two main forms of competitive archery are field archery and target archery. In field archery competitors shoot arrows at different-sized targets set at varying and undetermined distances around a course. In target archery competitors shoot a specified number of arrows at set distances at a target with established scoring values.

Clout shooting originated at least as early as the late 16<sup>th</sup> century and is mainly British. Flight shooting, in which the archer tries only for distance, was practiced in England at the end of the 16<sup>th</sup> century and was also popular in Turkey with a composite bow. In freestyle shooting (also for distance), the archer straps a 68kg (150lb) bow to his or her feet and lies down to draw the string with both hands.

## **Archery Round**

A round is a target-shooting competitive event in which a specified number of arrows are shot at a specified distance and scoring is done after the round or rounds. Among the principal kinds of rounds are the American round; Hereford round; National round and York round. FITA round distances are 90, 70, 50 and 30 metres (295, 230, 164 and 98 feet) for men and 70, 60, 50 and 30 metres for women and the former standard FITA round for both men and women consisted of 36 arrows per round being shot at each distance. Since the 1930's the FITA specifications have been those most widely used.

Andy Robertson

## **TOURNAMENT REPORTS**

A rather top-heavy list this month folks. Instead of sending the results out after the shoot, some clubs, to save on postage, are sending their results sheets out along with entry forms for future tournaments, therefore, some of the results go as far back as May! Imagine the uproar if we did that sort of thing at Lasswade, we would probably be reported to the S.A.A.

### **RECORD STATUS FITA (THISTLE STATUS) (2890) FORRES HOUSE ARCHERS, LHANBRYDE – 23 AND 24 MAY 1998.**

Jill R was our sole entrant for this shoot. She finished as 7<sup>th</sup> lady reserve with a score of 2012 plus the 30m distance award.

The weather was bright with cold and warm head winds.

### **S.A.A. NORTHERN AREA YORK/HEREFORD (BRS/ ROSE STATUS) (1296) AND S.A.A. NORTHERN AREA FITA CHAMPIONSHIPS (THISTLE STATUS) (1440), BANCHORY – 6 AND 7 JUNE 1998.**

#### **Day 1 (York/Hereford)**

Four ladies shot the Hereford round and they finished in the top 7 places.

The results were as follows:-

**Ladies:**

1 <sup>st</sup>	– Elaine	(1076)
2 <sup>nd</sup>	Muriel	( 997)
4 <sup>th</sup>	Tina	( 960) plus the Bowman Class award
7 <sup>th</sup>	Jill R	( 867)

Rain was the order of the day.



**Day 2 (FITA)**

Our 4 intrepid ladies then shot the Fita round and again did quite well in the final placings.

As this was an area shoot, they were classified as visitors.

Their results were as follows with the visitors' placings followed by the overall placings in brackets.

Ladies:           2<sup>nd</sup> (2<sup>nd</sup>) Elaine (585)  
                       4<sup>th</sup> (4<sup>th</sup>) Muriel (560) plus the 70m award (275)  
                       5<sup>th</sup> (5<sup>th</sup>) Tina (555) plus the 60m award (284)  
                       8<sup>th</sup> (12<sup>th</sup>) Jill R (400)

You will note that all the scores were well down. Due to thunder and lightning the shoot was stopped after the first 2 distances for obvious safety reasons.

Anyway, well done to you all.

**OPEN ROSE TOURNAMENT (BRS) (1296), AYR 21 JUNE 1998.**

Tina and Elaine were joined by the 'bearded one', Bill M, shooting his compound. The weather was warm, sunny and windy.

The final result was interesting:

Ladies:           1<sup>st</sup> Elaine (1092) \*  
                       2<sup>nd</sup> Tina (1092)

Gents C/U/LTD:   3<sup>rd</sup> Bill M (933)

- Under the rules of shooting, Elaine was awarded first place due to the fact she had 65 golds to Tina's 64. In addition, this shoot incorporated the Civil Service Championships and Elaine's score also won her the first lady trophy as well.

**S.A.A. NORTHERN AREA DOUBLE FITA STAR (WRS) (2880), BANCHORY - 11 AND 12 JULY 1998.**

Tina, Muriel and Elaine, along with Bill M and Andy, ventured up north to attend this two day shoot. The weather on the Saturday was hot with a few showers and yet more heavy rain all day on the Sunday, which caused Tina, Muriel and Andy to retire early.

So the two-day results were as follows:-

Ladies:           3<sup>rd</sup> Elaine (2230) plus a member of the winning ladies team, Penicuik.  
                       6<sup>th</sup> Muriel (1140) plus the 70m award.  
                       8<sup>th</sup> Tina (1078)

Gents Compound   1<sup>st</sup> Bill M (2212)  
                                   2<sup>nd</sup> Andy (1007)

A special mention must go to that man McKay. His Saturday score of 1128 means he will now be claiming for his 1100 Fita Star. Well done Beardy!

**S.A.A. EDINBURGH AND LOTHIAN'S TOURNAMENT (BRS AND ROSE)**  
**(1296). PENICUIK – 19 JULY 1998.**

Andy, plus our 3 regular ladies Tina, Muriel and Elaine, shot this round and they were also joined by Meg and Graeme. The weather could be summed up in one word – WET.

However, all our members gave a good account of themselves.

Graeme was just outside third place by one point but he at least won the 1<sup>st</sup> class medal.

In the Ladies round, Tina finished in the top three.

The final placings and awards were as follows:-

Ladies:           3<sup>rd</sup> Tina (1003)  
                       4<sup>th</sup> Muriel ( 986) plus the Bowman Class award  
                       5<sup>th</sup> Elaine ( 959)  
                       10<sup>th</sup> Meg ( 792)

Gents:            4<sup>th</sup> Graeme (922) plus the First Class award

Gent's Compound:   3<sup>rd</sup> Andy (869)

**DATES FOR YOUR DIARY**

1998

**AUGUST**

Sunday 23 <sup>rd</sup>	Outdoor Club Championships York / Hereford / Bristols
Thursday 27 <sup>th</sup>	Club Committee Meeting

**SEPTEMBER**

Saturday 5<sup>th</sup> and Sunday 6<sup>th</sup> S.A.A. Double Fita Star and Lasswade Open

That's it till next month folks!

Contributors for this issue:-

Bill Carmichael  
Billy Stewart  
Derek Sangster  
Andy Robertson

Any items for the next issue should be submitted to me by Wednesday 26<sup>th</sup> August 1998.

**DONALD**