



WARRINGAH ARCHERS NEWSLETTER August 2015



www.warringaharchers.com.au



Across the desk of the

Score Sheets: It is extremely important that if you are using a score sheet down the club that your shooting details are listed – Full Name / Division /

Date / Round you are shooting / Access number, then place in the recorders box, any score sheets not filled in correctly will be discarded, similarly any score sheets found lying around in club room on boards, will not be recorder. Also if you have trouble adding up, please do not leave the end scores blank, borrow a calculator and ensure that you score is totaled. Some of this will be minimized as we move to electronic scoring, but in the interim please ensure your score is recorded correctly.

Electronic Scoring: As we move into this phase, we have been trialling a few bugs at the club, but feel confident we will all be able to use the system. As some of the data is still required to be entered electronically, if you feel you have been put into the incorrect flight, or down to shoot a round that is not the round of the day we can correct that, just talk to the registration officer where you sign in. You can also go onto Archers diary and it gives you some tips on how to score.

Welcome to new Club Members: Maddison Turley (RCG), Andrew Emery (RIB)

Archery League July Results:

Well we are all done with the 6 rounds, the results are as follows

	June	July	Total
Ku-Ring-Gai Bowman	4355	845	5200
Armidale Archers	4309	885	5194
Warringah Archers	4291	878	5179
Coast Archers	4207	833	5040

Congratulations to Ku-Ring-Gai Bowmen for their consistent shooting, It was pretty close right to the end. It was going to be difficult to co-ordinate a final shoot off, as there were only four clubs that finished the rounds, therefore KGB were declared the winners.

The next thing to consider ArcheryNSW continue with the concept (from Denis Carson's perspective he hopes so). There is an idea to get together at the Short Course Championships over lunch or while waiting for presentation. Open invitation to all clubs to brainstorm about next year. If members have any ideas, can you please feed your thoughts to a member of the committee.

Northern Fita Performance Shoot: 2nd August:

Well done to those members who competed at



the above event, with Leanne Spencer winning Silver in the Recurve Womens Division, and Maria

obtaining her Black Fita Performance award. The round is the FITA900 30 arrows @ 60m/50m & 40m in Open Divisions only.

Summary from Andrew Catto This was my first time competing at an external tournament, and although..... Leanne shot really well, with her final score of 742, missing first place by 6 points, and keeping 2nd by 2. Leanne was coming first on the 60m distance ends with a total of 236, dropping to third after 50m with a score of 233, making a total of 469. She then came back into 2nd place after the 40m distance scoring 273 – giving her the silver medal.

Maria and myself did not gain a medal position during the competition though Maria scored 804 (*which is just 8 points shy of her club record that she holds*) with distance scores of 259 (60m), 266 (50m) and 279 (40m).

I ended up with a score of 678, with distance scores of 218 (60m), 216 (50m) and 244 (40m). I shot with Paul Handley from Northern who placed first, his shooting was impressive ending up with a 796 with a miss. Medal winners listed below:

Lady Compound: Simmy Wong (NOR), 1st on 842, Sarah Jordan (NOR), 2nd on 837 and Madeline Boyle (PEN) 3rd on 830

Lady Recurve: Joanna Murray (SOPA) 1st on 748, Leanne Spencer (WAR), 2nd on 742 and Cath deSouza (NOR) 3rd on 740.

Male Compound: Scott Buscombe (CES), 1st on 889, Mathew McDougal (CES), 2nd on 887 and Ian Asidera (SOPA), 3rd on 882

Male Recurve: Paul Handley (NOR) 1st on 796, Jymie Murray (SOPA) 2nd on 787, and Joshua Field (COAST), 3rd on 710.

Club Shoot – 8th August, 2015

Adelaide Round 30 arrows @ 60/50/40*/30*

Brandt Henricksson	RMM	967 (65)	Red
Andrew Catto	RM	943 (62)	Blue
Leanne Spencer	RW	939 (61)	Red
Stirling Calandrucio	RM	906 (58)	Blue
Glenn Steele	RVM	696 (41)	Black

Short Adelaide 30 arrows @ 50/40/30*/20*

Jack Cham-McLean	RUB	950 (52)	Gold
Lili Hutchinson	RMW	700 (30)	White
Jessica Hutchinson	RCW	485 (150)	White
Maddi Thurley	RCW	456 (13)	
Isaac Robbins	RIB	438 (12)	
Sarina Hao	BJW	381 (8)	
Kaden Currie	RCM	346 (5)	
Kiri Blinkhorne	RW	318 (3)	
Jasper Schwarz	RIB	278	
Tom Tattersall	RUB	256	
Victoria Henricksson	RIG	251	
Tai Woodley	R10B	172	

MAXIMUM PERFORMANCE SERIES

By Laurence E. Morehouse, Ph.D & Leonard Gross

THE TOTAL FITNESS PROGRAM continued

HOW TO COUNT YOUR PULSE RATE

FIRST, YOU'LL WANT to find the best place to feel your pulse. Be active for a minute or so in any manner you wish – take a brisk walk or climb a flight of stairs – in order to amplify your pulse.

Now explore the following:

- The radial artery in your wrist, just inside your wrist bone at the base of your thumb point.
- A carotid artery on one side of your throat, either just above your collarbone or below your jaw. Remember, don't close off the second carotid artery on the other side while your doing this, you may shut down the blood supply to your brain.
- A temporal artery at the side of your forehead (temple) just in front of your ear. Again, press on one side only.

I prefer the radial artery in the wrist. If that's the system you elect, use the following procedure.

Place your wristwatch on your wrist so that you can see its face when the palm of your hand is up. Next, place the wrist on which you have your watch in the palm of your other hand, so that the wrist falls into the crotch between thumb and forefinger. Let the tips of your fingers curl toward your thumb. Now your third and fourth fingers will rest over your pulse. The little pads at the ends of those fingers will fit right into the groove of the wrist. The pad on your middle finger is the pulse "feeler." If you press slightly against the wrist with your finger feeler, you should be able to find your pulse. Don't panic if you can't find the pulse at first; it takes a few minutes of practice.



What you feel at each beat is not blood flow, but a pulse wave that moves along the arteries about twelve to eighteen feet per second.

Doctors and nurses use one of several methods in taking the pulse: counting it for a minute, counting if for thirty seconds and multiplying by two, or counting for fifteen seconds and multiplying by four. We use still another method counting for six seconds and adding a zero. We do this for a good reason. A longer count is more accurate in general terms and is ideal for taking the pulse of someone at rest, but a long count does not tell us about your exercise response as accurately as does a six-second count taken immediately after the exercise. Then the pulse (and heart) is beating at a rate that most nearly reflects the exertion you achieved during your movements. Within fifteen seconds, the pulse has diminished from that peak, within thirty seconds still more, and within a minute still more. The variation between the pulse rate immediately after exercise and the rate on minute later can be as much as thirty beats.

You're now going to determine your pulse rate by counting the number of pulses in six seconds and adding a zero to get the per-minute rate. Catch the rhythm of pulsations for a few seconds. When your pulse coincides with an easy time interval (at one of the five-second marks), starting counting. Begin with 'zero' as the second hand crosses over the five-second mark. If you don't say 'zero' you'll miscalculate. Then count the number of pulses in six seconds.

YOUR TRAINING PULSE RATE

THE ACCOMPANY CHART will locate your training pulse rate (TPR) for each eight-week period if you are just starting a fitness program. If you're already training at a higher pulse rate, there is no need to fall back to a lower rate.

The training pulse rate is figures by multiplying the difference between 220 and your age by 60 percent the first period, 70 percent the second, and 80 percent the third and thereafter.

If you're 40 years old, for example, the remainder from 220 is 180. Multiplied by .60, that's 108. We round it off to 110.

AGE	TPR-1	TPR-2	TPR-3
Under 30	120	140	150
30-44	110	130	140
45-60	100	120	130
Over 60	100	110	120

TPR = Training pulse rate

TPR-1 = TPR for the first 8 weeks – about 60% maximum PR (220 minus your age, x .60)

TPR-2 = TPR for the second 8 weeks – about 70% maximum PR

TPR-3 = TPR for the third 8 weeks-about 80% maximum PR.

Three short steps to fitness.....next edition.

Club Shoot 15th August, 2015

Samford – 90 arrows @ 40m 80cm face

Andrew Catto	RM	739 (71)	Red
Stirling Calandrucchio	RM	728 (69)	Red
Leanne Spencer	RW	666 (60)	Red
Danny Stasenka	RVM	681 (50)	Blue
Alan Nolan	RVM	529 (45)	Black
Glenn Steele	RVM	483 (41)	Black
Cynthia Leung	RMW	466 (39)	Black
Lilia Hutshinson	RMW	385 (32)	White
Andrew Booth	RM	379 (32)	
Aaron Hayman	LJM	370 (31)	Blue
Peter Hajny	RM	349 (29)	
Kiri Blinkhorne	RW	304 (25)	
Josh Calandrucchio	RCM	298 (25)	White
Kaden Currie	RCM	276 (23)	
Ben Calandrucchio	RM	148	

Newcastle – 90 arrows @ 20m (122cm face)

Jaxon Spinks	RIB	593 (8)
Tia Woodley	RU10B	529 (1)
Tom Tattersall	RIB	429
Xavier Wilson	RU10B	306
Alexander Wilson	RUB	296

Club Shoot – 16th August, 2015

AA50/72 ranking round:

Carmelo Aalanidis	RCM	632 (78)	GM
Pablo Mecader	RIB	591 (68)	GM
Glenn Steele	RVM	394 (36)	White
Kiri Blinkhorne	RW	219 (17)	



Birthdays SEPTEMBER

Katelin Turner (1st) BIG '40', George Barker (1st), Claire Gayrard (5th), Paul Tattersall (10th), Steve Salmon (16th) BIG '60', Sam Donlan (19th), Petr Hanjy (24th), Kathy Joyce (30th)



AUGUST HANDICAP WINNER ANDREW CATTO Male Recurve

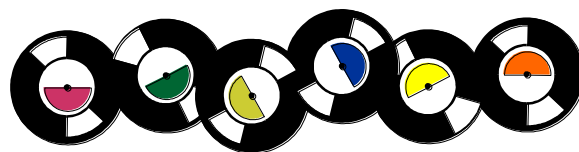
First batch of placings are those who have a handicap rating. The second batch are for our newer members who do not have a rating as yet, therefore, have no handicap

Flight 1

A.Catto	RM	61	158	783	941
P.Hajny	RM	29	436	499	935
A.Nolan	RVM	48	246	673	919
L.Spencer	RW	62	153	709	862
A.Hayman	LJM	24	495	398	893
I.Robbins	RIM	21	531	323	854
B.Henricksson	RMM	72	104	740	844
G.Steele	RVM	44	280	559	839
T.Tattersall	RUB	5	590	242	832
J.Cham-McLean	RUB	44	202	625	827
J.Hutchinson	RW	35	370	449	819
S.Hayman	RVM	47	255	559	814
G.Barker	RMM	40	318	485	803
C.Leung	RMW	42	298	477	775
S.Calandrucchio	RM	69	117	636	753
S.Hao	RJW	35	370	382	752
K.Currie	RCM	29	436	233	669

Flight 2

A.Reeves	CUB	xx	643	369	1012
J.Schwarz	RIB	xx	643	316	959
K.Blinkhorne	RW	xx	643	392	945
T.Woodley	R10B	xx	353	580	933
M.Turley	RCW	xx	643	196	839
A.Barker	RUB	xx	643	191	834
C.VanWicjk	R10B	xx	353	290	643



Records broken during August 2015

J.Cham-McLean	RUB	Short Adelaide	950	8/8/15
S.Hao	BJW	Short Adelaide	381	8/8/15
C.Leung	RMW	Samford 466	15/8/15	
L.Spencer	RW	Samford 666	15/8/15	
B.Barr-Jones	CUB	Goulburn	673	15/8/15
A.Reeves	CUB	Grinrod Special	793	22/8/15
M.Thurley	RCW	Grinrod Special	705	22/8/15
T.WoodleyRU10B	Grinrod Special	688	22/8/15	

CHANGES IN TARGET RATING

Peter Hajny	RM	29 to 30	1/8/15
Alan Nolan	RVM	48 to 49	1/8/15
Andrew Catto	RM	61 to 65	1/8/15
Leanne Spencer	RW	62 to 64	2/8/15
Ayden Reeves	CUB	xx to 14	8/8/15
Kiri Blinkhorne	RW	xx to 8	8/8/15
Jack Cham-McLean	RUB	44 to 48	8/8/15
Andrew Booth	RM	25 to 28	15/8/15
Andrew Catto	RM	65 to 68	15/8/15
Aaron Hayman	LJM	24 to 27	15/8/15
Kiri Blinkhorne	RW	8 to 16	16/8/15
Bobby Bar-Jones	CUB	64 to 71	16/8/15
Ayden Reeves	CUB	14 to 21	22/8/15
Vincent Shaw	RVM	6 to 9	22/8/15
Tom Tattersall	RUB	5 to 8	22/8/15
Kiri Blinkhorne	RW	16 to 18	22/8/15
Simon Hayman	RVM	47 to 49	30/8/15

Please note that if you are shooting two rounds in 1 day, mark AM and/or PM on your score sheet as this does affect ratings.

Club Shoot 22nd August, 2015, incorporating Adbow & Kidbow Club Championships

Canberra – 30 arrows " 60/50/40m

Stirling Calandrucchio	RM	720 (62) Blue
Leanne Spencer	RW	713 (61) Red *A
Andrew Catto	RM	702 (59) Blue
Danny Stasenka	RVM	601 (46) Black
Alan Nolan	RVM	592 (45) Black
Claire Gayrard	RW	582 (44) Black *A
Kristian Cham-McLean	RM	563 (42) White
Glenn Steele	RVM	559 (42) Black *A
Cynthia Leung	RMW	476 (34) White

Golden Gong – 30 arrows @ 30/25/20m

Jack Cham-McLean	RUB	799 (51) Gold
Petr Hajny	RM	755 (42) White *A
Sarina Hao	BJW	696 (31) Blue
Eddie Mantell	RM	683 (29) *A
Andrew Booth	RM	664 (26) *A
Jessica Hutchinson	RCW	644 (24) White

Grinrod Special – 30 arrows @ 20/15/10m

Ayden Reeves	CUB	793
Kirk Blinkhorne	RW	751 *A
Jaxon Spinks	RIB	738 *J
Ben Souchand	RUB	730 *J
Vincent Shaw	RVM	710 *A
Maddi Thurley	RIG	705 *J
Tom Tattersall	RUB	695 *A
Tai Woodley	RU10B	688 *J
Alex Jackson	RIB	490 *J
Coby Reeves	RUB	354 *J

Adbow Club Champion: 2015

- 1st Petr Hajny
2nd, Kiri Blinkhorne
3rd Leanne Spencer

KidBow Club Champion: 2015

- 1st Jaxon Spinks,
2nd Ben Souchand,
3rd Maddi Thurley

WORLD ARCHERY TARGET AWARDS

GOLD TARGET AWARD

World Archery Gold Target awards can be claimed by Open, 20 and Under (Junior) divisions for FITA70/720 (122cm), FITA50/720 (Compound), WA 60/900 (Canberra), FITA18m (40cm) Indoor and FITA25m Indoor Rounds (60cm face)



Purple award not shown

SPECIAL NOTE - World Archery Gold and Silver Target Awards are available for archers using Recurve or Compound bows in registered World Archery events and shooting the following scores for the appropriate round.

** Half Fita is 18 arrows at each distance over the round required for a FITA Star by that archer, a FITA90m round for men and a FITA 70m for women.

EVENT	White	Black	Blue	Red	Gold	Purple
FITA 70/720	500	550	600	650	675	700
FITA 50/720*	500	550	600	650	675	700
Half FITA**	500	550	600	650	675	700
60/900 Round	750	800	830	860	875	890
18m Indoor	500	525	550	575	585	595
25m Indoor	500	525	550	575	585	595

SILVER TARGET AWARD

World Archery Silver Target awards can be claimed by Cadet and Master divisions for FITA70/720 (Recurve), FITA50/720 (Compound), WA 60/900 (Canberra), FITA18m (40cm) Indoor and FITA25m (60cm) Indoor Rounds.



Purple award not shown

Claims for Gold & Purple awards are individually processed by WA from claims made to WA by the AA Recorder on behalf of the archer, whereas the A Recorder will hold stocks of the lower level Target Awards.

Event	White	Black	Blue	Red	Gold	Purple
FITA 60/720	500	550	600	650	675	700
Half Fita *	500	550	600	650	675	700

** Half Fita is 18 arrows at each distance over the round required for a FITA Star by that archer, a FITA70/14450 round for men and a FITA60/1440 for women.

Only one award of any colour will be issued regardless of the round for which it is obtained. Cadet and Masters may claim the usual FITA Awards for the other available rounds.