



# WARRINGAH ARCHERS NEWSLETTER FEBRUARY/MARCH 2015

[www.warringaharchers.com.au](http://www.warringaharchers.com.au)



All gold @ 50m



## Across the desk of the Recorder / Secretary

### Website updates:

Please ensure that you keep the club website as a favourite as this is updated with information from time to time.

We have set the club calendar for the first 3 months, with Warringah Archers hosting the first tournament of the year on the Society Calendar, the Warringah Open. We had 75 entries, with some 72 archers competing, and it was great to see the Maroon shirts along the shooting line, competing in every discipline. This was also the first time that we used Archers Diary, and although it had some hiccups we managed to survive, and print fully published results – Thanks Steve Salmon. Archers Diary is going to be used more and more at the club, so please be ready for it.

Gold Medals were achieved by: Ella Hugo (CW) & Kane Wilson (RM) with Carmelo Aslanidis winning the Recurve Elimination Shoot. Many of our members shot PB, and gave it a go, it was great to see so many of our members improve on their current rating. Big thank you to Stirling for ensuring that we were mentioned in the Manly Daily

**Archery League:** Warringah will be taking part in the league throughout 2015 – the first round was shot on Saturday **21<sup>st</sup> February, 2015** – Geelong, the next will be a Darwin being shot on the **28<sup>th</sup> March**, followed by a Melbourne, then we go to 80cm faces.....When the WHATS ON comes out, please come along and participate.

With the first round being over, you will see the results are close, unfortunately not all clubs that indicated a interest got to shoot the round. There were a total of 57 archers (*more than the last state champs I think*) taking part with a range of ratings from 8 to 119, what a great thing to see this sort of club involvement.

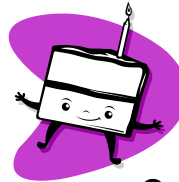
### **Results**

KGB – average score of 923 / St George = 899  
Armidale = 882 / Illawarra on 881 / Warringah = 876  
& Coast archers on 862

### **World Junior Team announced:**

Congratulations to Ella Hugo (Junior Compound) & Kane Wilson (Cadet Recurve), who have been selected for the World Youth Championships 2015 in Yankton USA

**Golden Gong:** Well done to our members who also competed in the Junior Golden Gong at Illawarra on 14<sup>th</sup> March, both taking out gold Medals – well done to Jack Chambers-Mclean and Aaron Hayman. Might receive an editorial for next newsletter.



## Birthdays March

Sean McCracken (8<sup>th</sup>),  
Steve Jennison (20<sup>th</sup>), Eric  
OzGen (26<sup>th</sup>), Cooper Van

Wijck (29<sup>th</sup>), - *BIG THANK YOU TO BOBBY BARR-JONES (OR MUMMY) FOR THE YUMMY CAKE THAT CAME DOWN TO CELEBRATE HIS BIRTHDAY IN FEBRUARY – THANKS KELLY!!!*  
*Bit lean the birthdays for March.*

## MAXIMUM PERFORMANCE SERIES

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

### Conditioning for Maximum Performance

#### A BONUS FOR BEGINNERS

BEING OUT OF SHAPE at the outset of a training program is something of a psychological bonus. From your starting point, you're going to improve at a much more rapid rate than the trained performer.

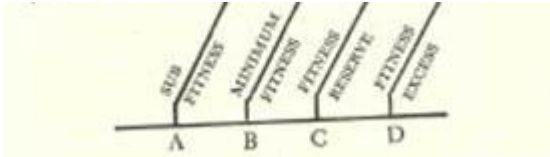
It's the first exposure that has the greatest effect when the body is adapting to any new condition. Subsequent exposure to the new condition help to improve the body's responses, but the gains become less and less as the adaptation become more and more complete.

I call this training phenomenon the "effect of first exposure" and it applies whether you're exposing yourself for the first time to heat, high altitude, heavy loads or fast movement. That single exposure does more to acclimate you to the next exposure than the next exposure does to the third, and so on in every diminishing proportion.

Nearly half of all the improvement you can expect will be achieved in the first quarter of your training program. As you progress, the gains become less and less pronounced, until, near the end, they are almost unnoticeable. The very slight gains in performance ability and capacity at the end of a training program are made at great expenses of time and energy. It takes a dedicated athlete or fitness fanatic to commit himself to work that much for that little gain.

The point is that you can take measurable strides in your performance without that low-yield investment. If you want to make the investment, it's entirely up to you. But by the time you're ready to make that decisions, you will have advanced to a condition far behind the condition on which you began.

Be sure that added training is going to be profitable. You'll want to develop enough strength to play the sport, but not more than you need.



Point B would be the minimum level of fitness you'd need to perform your event. At point B you're able to last out an ordinary match. It would be to your advantage to train to point C, in order to have a sufficient reserve for the occasional more-arduous-than-normal match or oppressive climatic conditions. But you'd really want to think carefully about the benefits to be gained by advancing to point D. Could you really use them? Even if they might increase your fitness to a fractional degree, would you become more proficient if you invest the time and effort on the further development of your skill?

Tauras Myranov	50m	50
Cynthia L-Hayman	125m	129
Aaron Hayman	125m	112
Aiden Hayman	125m	119
Jessica Hutchinson	125m	172
Kaden Currie	125m	82
Lilia Hutchinson	125m	108
Kyle Evans-Murray	125m	25
Simon Hayman	145m	98
Kristian Camb-McLean	145m	166
Andrew Catto	145m	195 Black
Igor Miranov	145m	224
Sam Nolan	145m	16

Our final placing's on the day – Jack / Andrew & Jessica  
WELL DONE



## JANUARY HANDICAP WINNER 24<sup>th</sup> January, 2015

**IGOR MIRANOV  
MALE RECURVE**



EVERYONE

**We will have a few more scheduled throughout the year.**

I.Miranov	RM	36	357	591	948
A.Catto	RM	54	201	727	928
G.Steele	RVM	32	403	520	923
J.anetta	CIB	31	308	609	917
J.C-McLean	RUB	30	320	582	902
S.Calandruccio	RM	69	117	752	869
S.Hayman	RVM	44	280	586	866
C.Leung	RMW	29	436	429	865
G.Barker	RMM	40	318	541	859
K.Turner	CW	83	64	794	858
K.C-McLean	RM	40	318	513	831
K.E-Murray	RIB	XX	XX	756	756
V.Shaw	RVM	XX	XX	429	429
A.Hayman	LJM	XX	XX	313	313
A.Barker	RIB	XX	XX	119	119

## Clout Shoot – 25<sup>th</sup> January, 2015



This was the first introduction to many of our newer members and a big thank you to Stirling & Kane for taking everyone through the basics. Most choose to shoot barebow, but I have no doubts the sights will creep in. Well done to Jack who managed to hit the Clout (not an easy feat!)



### Single Clout:

Cohen Van Wickj	100m	4
Cooper Van Wickj	100m	80
Jack Cham-McLean	100m	231-Black

## Club Shoot – 31<sup>st</sup> January, 2015

### Samford – 90 arrows @ 40m/80cm

Terry McCracken	CMM	810 (85) Gold
Gregg Barr-Jones	RM	739 (70) Red
David Shannon	RJM	697 (63) Red
Stirling Calandruccio	RM	696 (63) Blue
Bobby Barr-Jones	CUB	673 (60) Gold
Andrew Catto	RM	655 (58) Blue
Brandt Henricksson	RMM	654 (58) Blue
Simon Hayman	RVM	558 (47) Black
Igor Miranov	RM	543 (460) Black
Kristian Cham-McLean	RM	507 (43) White
Alan Nolan	RVM	466 (39) White
Leanne Spencer	RW	428 (36) White
Glenn Steele	RVM	382 (32) White
Cynthia Leung	RMW	374 (31) White
Petr Hajny	RM	372 (31)
Kaden Currie	RCM	298 (25) White
Nick McCracken	CUB	289 (24) White
Jess Hutchinson	RCW	263 (21) White
Lilia Hutchinson	RW	254 (21)
Andrew Booth	RM	249 (20)
Sam Donlan	RCM	219 (17)
Cooper VanWijck	RIB	205 (15) White
Victoria Henricksson	RIG	182 (13) White
Aaron Hayman	LCM	178 (12)
Pierre Buskermolen	RM	148 (8)
Oakley McCracken	RUB	90

### Newcastle – 90 arrows @ 30m (122cm face)

Kyle Evans-Murray	RIB	726 (24) White
Greg Williams	RM	717 (23)
Cohen Van Wijck	RUB	640 (12) White



Vincent Shaw	RM	520 (1)
Ayden Reees	RUB	513
Bailey Buskermolen	RM	512
Tara Myranov	RUB	468

### Club Shoot – 1<sup>st</sup> February, 2015

#### Samford – 90 arrows @ 40m/80cm face

Maria Wright	CVW	757 (730 Red)
Ken Wright	CVM	684 (62) Blue
Igor Miranov	RM	532 (45) Black
Danielle Tonkin	RW	296 (24)

As you can see a lot of members practising for the big event!

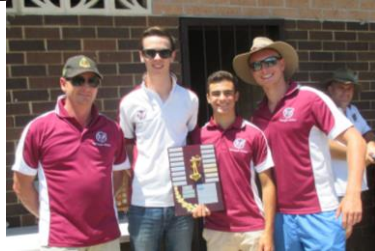
### WARRINGAH OPEN 7<sup>th</sup> FEBRUARY, 2015



Compound Teams  
Trophy won by Cessnock  
Target Archers – Scott  
Buscombe, Matt  
McDougall, Brenton  
Neuschulz & Brian Hugo

#### Recurve Teams

Tropy won by  
Warringah  
Archers  
namely: Kane  
Wilson,  
Carmelo  
Aslanidis,  
Gregg Barr-Jones & David Shannon



Ladies Team  
Perpetual Trophy  
won by Northern  
Archers.  
Consisting of  
Simmy Wong,  
Sarah Jordan,  
Belinda  
Maxworthy &  
Tracie Axton



Elimination shoot followed, with Brian Hugo taking out Compound, Carmelo Aslanidis Recurve, and Craig Williams - Longbow



### CHANGES IN TARGET RATING – WOW!

What a lot of changes to ratings, some shot in tournament conditions, Awesome – Keep it up!

Igor Mironov	RM	35 to 36	21/1/15
Andrew Catto	RM	54 to 56	25/1/15
Glenn Steele	RVM	32 to 33	25/1/15
Igor ironov	RM	36 to 38	25/1/15
Jacob Panetta	CIB	31 to 32	25/1/15

Bobby Barr-Jones	CUB	57 to 58	31/1/15
Andrew Catto	RM	56 to 57	31/1/15
Simon Hayman	RVM	44 to 45	31/1/15
Igor Miranov	RM	38 to 42	31/1/15
Kristian Cham-McLean	RM	40 to 41	31/1/15
Cynthia Leung	RMW	29 to 30	31/1/15
Petr Hajny	RM	xx to 20	31/1/15
Kaden Currie	RCM	22 to 23	31/1/15
Andrew Booth	RM	xx to 9	31/1/15
Sam Donlan	RCM	xx to 12	31/1/15
Igor Miranov	RM	42 to 43	1/2/15
Gregg Barr-Jones	RM	xx to 66	7/2/15
Andrew Booth	RM	9 to 13	7/2/15
Jack Chamb-Mclean	RUB	30 to 34	7/2/15
Kristian Chamb-McLean	RM	41 to 43	7/2/15
Petr Hajny	RM	20 to 25	7/2/15
Aaron Hayman	LJM	xx to 8	7/2/15
Jessica Hutchinson	RCW	24 to 27	7/2/15
Cynthia Leung	RMW	30 to 34	7/2/15
David Shannon	RJM	62 to 66	7/2/15
Glenn Steele	RVM	33 to 34	7/2/15
Kane Wilson	RCM	86 to 89	7/2/15
Gregg Barr-Jones	RM	66 to 68	21/2/15
Kristian Cham-McLean	RM	43 to 45	21/2/15
Glenn Steele	RVM	34 to 37	21/2/15
Jacob Panetta	CIB	32 to 35	21/2/15
Jack Chamb-McLean	RUB	34 to 35	21/2/15
Jessica Hutchinson	RCW	27 to 28	21/2/15
Aaron Hayman	LJM	8 to 11	21/2/15
Andrew Catto	RM	57 to 59	28/2/14
Jacob Panetta	CIB	35 to 37	28/2/15
Leanne Spencer	RW	xx to 41	14/3/15
Igor Miranov	RM	43 to 45	14/3/15
Simon Hayman	RVM	45 to 46	14/3/15
Glenn Steele	RVM	37 to 41	14/3/15
Jack Chamb-McLean	RUB	35 to 38	14/3/15
Jessica Hutchinson	RJW	28 to 33	14/3/15
Petr Hanjy	RM	25 to 28	14/3/15
Aaron Hayman	LJM	11 to 17	14/3/15
Andrew Booth	RM	13 to 16	14/3/15
Pierre Buskermolen	RM	xx to 8	14/3/15
Bobby Barr-Jones	CUB	58 to 63	15/3/15

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.



### FEBRUARY HANDICAP WINNER

13<sup>th</sup> February 2015  
ANDREW BOOTH  
MALE RECURVE

A.Booth	RM	13	619	321	940
A.Catto	RM	57	182	757	939
A.Hayman	LCM	8	557	370	927
G.Steele	RVM	34	379	542	921
G.Barker	RMM	40	318	600	918
T.McCracken	CMM	95	33	867	900
K.Currie	RCM	23	391	482	873
J.Cham-McLean	RUB	34	281	586	867
K.Cham-McLean	RM	43	289	575	864
B.Henricksson	RMM	72	104	756	860
J.Panetta	CIB	32	300	545	845
S.Calandruccio	RM	69	117	715	832
Cal.Poole	RCM	22	402	385	787

S.Hayman	RVM	45	271	514	785
C.Leung	RMW	34	379	402	781
C.Poole	RUB	3	610	139	749
L.Hutchinson	RW	30	424	307	731
L.Spencer	RW	xx	xxx	589	589
R.Caldwell	BRCM	15	478	87	565
I.Robbins	RIB	xx	xx	451	451
K.Evans-Murray	RIB	xx	xx	353	353
V.Shaw	RWM	xx	xx	222	222
A.Barker	RIB	xx	xx	154	154
E.Henderson	RUB	xx	xx	37	37

## ARCHERY LEAGUE SHOOT-GEELONG

**21<sup>st</sup> February, 2015** well done to those members who came along (*even though the weather wasn't the best*), and some earned some FUNNY MONEY for their achievements. Though no Perfect '60' were shot on the day, it wasn't for want of trying.....Next time.

The Geelong was shot which is 90 arrows @ 30 on 122cm face – next shoot is the Darwin round @ 40m,so start practising. It would be great if all members can come down ad compete in the next scheduled event.

Gregg Barr-Jones	RM	848 (70)	Red
Andrew Catto	RM	797 (55)	Blue
Kristian Chamb-McLean	RM	765 (48)	Black
Bobby Barr-Jones	CUB	754 (46)	Red
Leanne Spencer	RW	752 (45)	Black
Igor Miranov	RM	733 (42)	White
Alan Nolan	RVM	732 (42)	Black
Glenn Steele	RVM	729 (41)	Black
Jacob Panetta	CIB	709 (38)	Black
Jack Chamb-McLean	RUB	703 (37)	Blue
Jessica Hutchinson	RCW	646 (29)	Black
Simon Hayman	RVM	623 (27)	
Lilia Hutchinon	RW	574 (21)	
Cooper Van Wijck	RIB	502 (15)	White
Aaron Hayman	LJM	496 (14)	White
Greg Williams	RM	374 (4)	
Aidan Barker	RUB	199	
Taras Myrono	RU10B	77	

## Club Shoot – 28<sup>th</sup> February, 2015

**Grange: 90 arrow @ 60m 122cm face**

Andrew Catto	RM	655 (61)	Blue
Igor Miranov	RM	480 (43)	White
Glenn Steele	RVM	322 (29)	

**Melbourne: 90 arrows @ 50m 122cm face**

Lilia Hutchinson	RW	353 (24)	
Cynthia Leung	RMW	308 (20)	

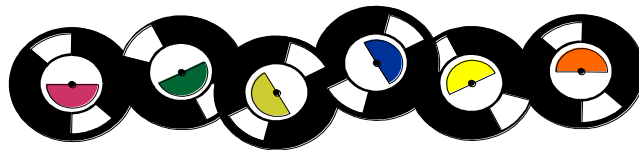
**Darwin: 90 arrows @ 40m 122cm face**

Jacob Panetta	CIB	627 (39)	Black
Aidan Barker	RIB	304 (10)	White

**Geelong: 90 arrows @ 30m 122cm face**

Stirling Calandruccio	RM	828 (63)	Blue
Calvin Poole	RJM	526 (17)	
Cooper Van Wijck	RIB	436 (9)	
Kyle Evans-Murray	RIB	379 (5)	
Pierre Buskermolen	RM	377 (4)	
Vincent Shaw	RVM	341 (1)	
Sam Donlan	RCM	275	
Robbie Caldwell	RIM	191	
Bailey Buskermolen	RIB	160	

Connor Poole	RUB	155	
<b>Newcastle – 90 arrows @ 20m 122cm face</b>			
Claire Gayrard	RW	638 (12)	
Cohen Van Wijck	RUB	491	



## Records broken since the 1<sup>st</sup> January, 2014

C.Wright	CM	Melbourne	861	4/1/15
J.Wright	CW	Melbourne	795	4/1/15
B.Henricksson	RMM	Samford	692	10/1/15
L.Spencer	RW	Samford	382	10/1/15
J.C-McLean	RUB	Samford	302	10/1/15
V.Henricksson	RIG	Samford	253	10/1/15
N.Berry	RJW	Samford	93	10/1/15
V.Henricksson	RIG	Jodie Joker	568	17/1/15
V.Shaw	RVM	Jodie Joker	197	17/1/15
D.Tonkin	RW	Jodie Joker	573	18/1/15
G.Barr-Jones	RM	Samford	739	31/1/15
D.Shannon	RJM	Samford	697	31/1/15
B.Barr-Jones	RUB	Samford	673	31/1/15
L.Spencer	RW	Samford	428	31/1/15
C.Leung	RMW	Samford	374	31/1/15
J.Hutchinson	RCW	Samford	263	31/1/15
O.McCracken	RU10B	Samford	40	31/1/15
B.Barr-Jones	CUB	Golden Gong	826	31/1/15
G.Barr-Jones	RM	Samford	763	7/2/15
J.C-McLean	RUB	Samford	454	7/2/15
B.Henricksson	RMM	Samford	717	7/2/15
E.Hugo	CJW	Samford	851	7/2/15
J.Hutchinson	RW	Samford	367	7/2/15
L.Spencer	RW	Samford	556	7/2/15
C.Leung	RMW	Samford	457	7/2/15
L.McLeod	CJM	Samford	786	7/2/15
D.Shannon	RJM	Samford	742	7/2/15
K.Turner	CW	Samford	774	7/2/15
K.Wilson	RCM	Samford	832	7/2/15
M.Wright	CVW	Samford	778	7/2/15
T.McCracken	CMM	Handicap	867	13/2/15
J.C-McLean	RUB	Geelong	703	21/2/15
A.Hayman	LJM	Geelong	496	21/2/15

## Club Shoot – 14<sup>th</sup> March, 2014

**Golden gong – 30 arrows @ 30/25/20m**

Brandt Henricksson	RM	837 (61)	Red
Stirling Calandruccio	RM	836(60)	Blue
Andrew Catto	RM	829 (58)	Blue
Leanne Spender	RW	811 (54)	Blue
Igor Mirano	RM	788 (48)	Black
Simon Hayman	RVM	784 (448)	Black
Glenn Steele	RVM	775 (46)	Black
Jack Chamb-McLean	RUB	756 (42)	Red
Jess Hutchinson	RCW	734 (38)	Blue
Cynthia Leung	RMW	722 (35)	Black
Kristian Cham-McLean	RM	711 (34)	
Peter Hajny	RM	698 (32)	
Lilia Hutchinson	RW	671 (27)	
Ayden Reeves	CUB	647 (24)	White
Aaron Hayman	LJM	639 (23)	White
Kyle Evans-Murray	RIB	638 (23)	White
Andrew Booth	RM	611 (19)	
Cooper Van Wijck	RIB	603 (19)	White
Greg Williams	RM	576 (15)	
Pierre Buskermolen	RM	489 (7)	
Aidan Haman	RCM	484 (6)	
Kaden Currie	RCM	453 (3)	
Bailey Buskermolen	RIB	334	
Cohen Van Wijck	RUB	307	
Jai Whiley	RUB	265	