



# WARRINGAH ARCHERS September 2019

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



## Across the desk of the President

Well we're off to a good start to the commencement of the Spring Season, with several members taking part in the **State Target**

### Championships 31<sup>st</sup> Aug/1<sup>st</sup> September.

Placings on Day 1:



**Silver medals** went to: Jack Chambers-McLean (RCM) Scoring 1192 with an AG30m\* Maja Kecskes (RUG) Scoring 1078, obtained 1000 Australian Star, Maria Wright (CV+W) Shooting 1165 Attained 1100 Australian Star

**Bronze** to Peter Whitfield Scoring 1124 @ AG @ 30m\* obtained his Silver FITA Star 1100



Peter Whitfield shot in the Open Division on Day 2 and obtained his 1000 FITA Star & Silver All Gold @ 30m & Perfect '60' @ 30m



## AdBow/KidBow Qualifiers 1<sup>st</sup> September, 2019

**10m 122cm face:** Kiera De Rooij (RUG), 193

**10m 80cm face:** Mark Lee (RM) 249, Riley Williamson (RUB) 154 & Noal River (RUB) 188

**10m 40 cm face:** Kirstie Morrison (RF) 190  
15m on 80cm face: Glen Morrison (RM) 228, Pilard Shepherd (RU10G) 108, Arwen Moran (RIG) 191\*, Thomas Freeman (RIB) 227

**15m on 60cm face:** Glen Morrison (RM) 217, Pilard Shepherd (RU10G) 98, Arwen Moran (RIG) 161\*, Thomas Freeman (RIB) 201

\**highlights those who have shot the round previously and bettered their score.*

**20m 60cm face:** Craig Lovell (RU20M) 153, Ganan Stone (RIB) 206, Keisha Lee (RIG) 106 & Piers Moran (RCM) 75



## Fathers Day Shoot 1<sup>st</sup> September

Following on from the Qualifying rounds, a fun shoot was held. Participants were broken into team of 3. An indoor face @ 10m was pinned to the target.



Each team member had to ensure they had 1 of their arrows in each of the targets be declared the winner. Well done to Mark / Jack & Kiera (*a pick of the fridge was the prize*)

## Warringah Archers- Annual General Meeting 7/9/19:

It was great to see so many of our members attend the AGM and am pleased to list your Executive Committee for 2019/2020:

President: Elizabeth Jennison  
Vice President: Stirling Calandrucchio  
Secretary: Roland Ware  
Treasurer: Kristian Chambers-McLean  
Recorder: Peter Whitfield  
Executive: Alan Nolan (Equipment Officer)  
Executive: Marian Llana (Social Media / Website)  
Executive: Leanne Spencer (Membership)

\*Public officer remains Stirling Calandrucchio

Record of Club AGM Minutes etc., are held down the club. Please also take the time to introduce yourself to committee members and iff you have any ideas / suggestions, please let one of us know.

## Qualifiers AdBow/KidBow 8<sup>th</sup> September:

Our beginners just finishing up in their course were invited to attend, with all qualified:

**10m 122cm face:**Jesse Whitford (RUB)166, Ben Watson (RUB) 229, Alison Watson (RF) 258, Marcus Lonie (RUB) 196, Annika Lonie (RU10G) 174 & Lachie Watson (RUB) 205, which was great. Others who qualified were:

**10m 122cm face:** Jackson Jones (RU10B), 146,

**10m 80cm face:** Henry Thomas (RU10B) 181

190m 60cm face: Richard Coventry (RM) 244, Mark Lee (RM) 221

**10m 40cm face:** Henry Cook (RUB) 124



There were a lot more that qualified, but unfortunately sneaker away before presentations.

### Grindrod Special 30 arrows @ 20/15/10m on 122cm face

Arwen Moran	RIG	76/194/234=504
Pilard Shephard	RU10G	126/198/207=562
Sydney Tangsurakit	RCW	111/221/251=583
Craig Lovell	RU20M	172/246/263=681
Piers Moran	RCM	201/239/227=704
Kiesha Lee	RIG	226/248/243=717*
Glen Morrison	RM	203/244/273=720
Thomas Freeman	RIB	209/251/276=736
Kirstie Morrison	RW	216/274/281=771*
Ganan Stone	RIB	249/264/269=782

\*All Gold achieved @ 15m

It was great to see many also achieve AG @ 10m, with Glen & Kristie – scoring the Perfect 60, and beating previous scores recorded.

*I came across the article recently that was written by*

**Jay Barrs** – Olympic Gold Medallist (Seoul) and Two-Time FITA World Field Archery Champion, 12-Time National Field Champion of the USA, World Games Recurve Champion....talking about...

## Checking Equipment

ARCHERY IS the type of sport that can be very technical. It is easy to get caught up in all the equipment and technical information as well as the physical and mental programmes. If you are not careful you can overwhelm yourself. While most of that stuff is important, it is not the only thing that can improve your shooting. In some cases getting too caught up in the technical mumbo-jumbo will actually hurt your scores. We all know someone who runs out and buys all the latest gadgets and doodads but, it never improves their shooting, I am not against trying new equipment but it is not always the answer to better shooting.

Many archers overlook some very simple things that they can do to improve their scores and add

enjoyment to their shooting. Equipment maintenance is one of those things. Yes, I know it is a pain in the butt and not much fun, but it is very important. If you are like me, when you get time to shoot you want to shoot, not work on equipment. However, it never fails that while shooting you notice that something is in need of repair and you think, "I'll fix it when I am done today!" Well, you finish shooting, put the bow in your case and forget about it until the next time you pull it out to shoot. Then you remember something needs to be fixed, but: "I'll fix it when I am done today!" Again the process repeats itself until the morning of a tournament and, you have to make a quick repair during the practice rounds. Sound familiar?

I have been seen tying a bottom nocking point on my string during practice at the World Target Championships. So I am speaking from first-hand experience.

As a charter member of Procrastinators Anonymous (O.K., I have not joined yet...I plan on doing it tomorrow!!), I can tell you that taking care of this kind of thing ahead of time is much better for your shooting and mental health. The only problem is that, if I am shooting well, I don't want to change anything. Not that I am superstitious, but why take a chance? A streak of good shooting is nothing to mess with. However, I don't want to have an equipment failure during a tournament. To solve both problems I have forced myself to do equipment maintenance a week before a tournament. This gives me time to repair or replace equipment and shoot it for a week.. Psychologically I am confident because I have reduced my chances for a failure and I have shot the "new" equipment enough to know everything works.

I like to start with the basics. How old is my string? Are there any loose strands or areas where the strands are frayed? Usually just below the centre serving where the string may contact my armguard on the follow-through. If the general condition of the strands looks good but the string is more than six months old or I can't remember the last time I changed it I usually replace it.

The next place to check, is the end loop serving. I must admit that the BCY Dynaflyght 97 that I most shoot, lasts forever, but the end loop serving does not. It is most likely to break where the end loop makes the sharp bend over the edge of the limb tip. If the serving looks frayed or is loose replace the string.

Moving down the string from the end loop serving. I check the centre serving. The area where the nock snaps on is the most likely place for it to break. If the serving looks thin, flat, worn, or I notice my nocks are not snapping on as usual, it is time to replace the centre serving. After removing the serving check the strands under the serving for breaks. If everything is O.K., I re-serve it and the string is ready to go.

Now that I have the string on my bow taken care of, I need to make sure I have a back-up string. It is not enough just to have a spare string it has to be one that is shot in. If my back-up string is new and

has never been shot, what good is it? Oh sure, I could continue the tournament, but I would have no confidence in the new string and that would adversely affect my shooting.

Once my strings are taken care of I check my arrow rest. I shoot a Cavalier Free Flight Elite that mounts on the outside of the sight window and wraps around the bow. I check to make sure the mounting bolt is tight and the rest is in the proper position. Then I flip the arrow support arm a few times to make sure it is operating freely. I place an arrow on the rest and ensure the arrow support arm is adjusted properly. I look down the arrow from the nock end to make sure the shaft is sitting in the middle of the button. Then I look down from the top limb to make sure the arrow support arm is not sticking too far out. It should be just barely outside the edge of the shaft.

The plunger is the next thing to check. I depress the plunger slowly about half way to see if it moves freely and smoothly. You do not need to depress it any further than that. The plunger only moves two to three millimeters when you shoot so, smashing it all the way to the bottom, does not tell you much. It is the first few millimeters of movement that matter. If it is sticky or scratchy, depending on the type of plunger you use, it may be possible to clean the inside of the barrel or lubricate it to free up the movement. If that is not possible replace it. A sticky plunger will destroy your groups by causing flyers you cannot account for. Also I make sure the plunger tip is not worn or grooved. If it is I file it flat or replace it. Then I check my centre shot to make sure it did not change.

Now I take a quick look at my sight. The first thing I check is the sight mount. Are the screws that attach the sight mount to the bow tight? If you want to drive yourself crazy with high and low arrows a loose sight mount will do it. Next, I look to make sure the sight bar is level and those screws are tight. Then I check any of the little set screws, such as the one that holds your pointer. If it comes loose it changes all your sight marks. Also, I move my sight block from the top of the bar to the bottom of the bar and make sure it moves smoothly.

When I am done checking all the accessories, I do a quick visual inspection of the limbs. I look for any dings, nicks or cracks. This works best with the bow string. Now is also a good time to check they are all correct and nothing has moved.

With my bow all checked out and ready to go, I move to my other accessories. I check my finger tab to make sure the leather face, as well as the backing, is not cracked or work out. Are all the screws there and are they tight? I look at my finger sling – checking for wear. I also check my back-up tab and finger sling. Let me pause here to say that, like a back-up string, a back-up tab needs to be shot in. Just having one is not enough!!

Arrows are next on the list, I am the worst person to talk about re-fletching. I hate it!! In practice I will shoot vanes that look as if they have been through a meat grinder and yet, I still do not want to re-fletch.

It takes the approach of a tournament to force me to get out the fletching jig. While I am stripping off the old vane, I take a few minutes to check over the arrow shafts for nicks and dings. I pay close attention to the area round the nock and just above the point. These are the two most likely areas to get damaged by incoming arrows. Before I re-fletch, I also change all my nocks.

By doing these simple checks and maintenance procedures, you will not only save yourself a lot of grief but, you will also save a lot of points. Not necessarily because your equipment will shoot any better, but because in your mind you will know that your equipment is 100% ready. This peace of mind frees you to focus on shooting, and not on worrying whether your string will make it through the distances.

***Try it and see for yourself. You will find for yourself how well it works. Good shooting.***

### CHANGES IN TARGET RATINGS:

Name	Old	New	Date
A.Moran	4	5	Jul - Sep 2019
B.Souchard	48	49	Jul - Sep 2019
C.Murray	44	47	Jul - Sep 2019
C.Gilchrist	1	4	Jul - Sep 2019
C.Lovell	xx	10	Jul - Sep 2019
C.Page	33	40	Jul - Sep 2019
D.Agus	xx	2	Jul - Sep 2019
D.Hillier	xx	50	Jul - Sep 2019
E.Renelt	29	35	Jul - Sep 2019
J.Oh	xx	35	Jul - Sep 2019
K.Lee	xx	7	Jul - Sep 2019
K.Thomas	xx	42	Jul - Sep 2019
M.Llana	55	56	Jul - Sep 2019
P.Van der Watt	xx	13	Jul - Sep 2019
P.Whitfield	76	80	Jul - Sep 2019
P.Moran	7	9	Jul - Sep 2019
S.Fathers ( C )	xx	75	Jul - Sep 2019

### ArcheryNSW AGM 8<sup>th</sup> September, with the Committee made up of:

President:	Vashe Chandrakanthan (Existing-SOPA)
VP/Membership:	Kelvin Heath (Coast)
VP/Publicity:	Kim Lavendar (SOPA)
Secretary:	Gloria Tse (Existing)
Treasurer:	Carol Campbell (Penrith)
Recorder:	Lilia Hutchinson (Warringah)
Officials:	Kathy Vaughan (Penrith)
Tournament:	Kathy Vaughan (Existing-Penrith)
Coaching:	Todd Boyle (Penrith)
Junior Coordinator:	Todd Boyle (Penrith)
MPO Coordinator:	Michael Hennesy (SOPA)
Olympic Delegate:	J.Barnard & Ricci Cheah (SOPA)



**State Field Championships: 14/15<sup>th</sup> September**, what a great event this was, although we felt sad for the drought – Armidale Archers in usual fashion put on an interesting

Field Shoot – Thanks, although we only had two competitors from Warringah – the did well.



**Gold:** Jack Chambers-McLean (RCM-Blue Pegs) 307 / 311 = 618, shooting a 270x Australian Field & 310 x Australian Field Star. Has already received WA Brown Arrowhead previously.

**Bronze:** Peter Whitfield (RMM-Red Pegs) 262 / 272 =534 achieving his WA Arrowhead Award Brown &

Gray, as well as 270 x Australian Field Star.,



We have heard that Armidale will be hosting this event in 2020, so lets see if we can arrange for the club to go on mass. Thanks to Armidale Archers also for assisting us with some field faces to run events on the Northern Beaches at our Urban Field Shoots.

**Welcome to New Members:** Join me in welcoming Mark Lee (RM) & Jock Gilchrist (RM), to the club, please take the time when you meet to introduce yourself, and show them the ropes.

# Advertisement

## The Intellibutt

Our engineers are constantly listening to archers needs and delivering timely solutions. On this occasion they have excelled themselves.



our latest product:

Just consider these questions. Are you tired of maintaining stocks of target and field faces in all required sizes? Do you balk at the task of repairing faces? Do you curse when failing light renders archery impossible? If the answer to all these questions is 'yes', then relax – all your problems are solved with

**Thanks to unprecedented developments in fibre-optic technology and carboteff coatings, we have created a target butt of unparalleled ingenuity.**

Each **Intellibutt** comprises 35 million fibre-optic cables. The onboard computer enables users to program it to display whatever face and size is needed – be it target or field! But the good news gets better! If prevailing light conditions deteriorate, sensors detect the change and automatically increase the luminosity level of the target. So at midnight, it glows like daylight! And the good news doesn't end there! Thanks to carboteff technology, arrows can be pulled from the butt with minimal effort. Even a 6-year old could pull them with only two fingers! And do the arrows damage the cables? No. The self-healing properties of carboteff coatings need only 30 minutes of natural light to restore their condition. These butts will pay for themselves after 4-months shooting! No club should be without **Intellibutts**, so don't hesitate, arrange for a demonstration now!

For further details please contact:

**Far-Fetched Enterprises**  
(The Archery Innovators)  
P.O. Box B84689C  
Stimarts NSW



**SEPTEMBER HANDICAP 21 September WINNER**

**Celeste Girchrist (RU10Girl) scoring 954**

2<sup>nd</sup> place Andrew Catto on 909, with 3<sup>rd</sup> going to Stuart Fathers on 885. Both Celeste

& Andrew win \$20 incentive voucher for scoring over 900. Other achievements on the day were:  
Andrew Catto AL@ 40m,  
Jack Chambers-McLean AG @ 40m  
Stuart Fathers AG @ 40m  
Craig Frandsebn AG @ 50m/40m/30m\*  
Peter Whitfield AG @ 50m/40m



**New Archery Instructors:**

It is pleasing to announce that the following members: Cameron Murray (RCM), Alex Ware (RU20M), Ben Ware (RU20M) have been certified.

**CHANGES IN FIELD RATINGS**

A.Ware	42	47	Jul - Sep 2019
C.Murray	23	31	Jul - Sep 2019
M.Kecskes	24	26	Jul - Sep 2019
P.Whitfield	xx	58	Jul - Sep 2019

## BIRTHDAYS OCTOBER



Connor Dalton (6<sup>th</sup>), Alan Nolan (7<sup>th</sup>), Sydney Tangsurakit (8<sup>th</sup>), Celest Girlchrist (9<sup>th</sup>), Jackson Jones (10<sup>th</sup>), Lachlan Francis (15<sup>th</sup>), Craig Frandson-

**Turns BIG 50** (15<sup>th</sup>), Elizabeth Jennison (16<sup>th</sup>), Craig Page (20<sup>th</sup>), Kevin Thomas (27<sup>th</sup>), Stephen Page (28<sup>th</sup>)....**Surely there has to be a cake in there somewhere?**

## CHANGES IN INDOOR RATINGS

Name	Old	New	Date
C.Page	xx	33	Jul - Sep 2019
E.Brady	xx	26	Jul - Sep 2019
J.Chambers-McLean	74	80	Jul - Sep 2019
K.Thomas	xx	36	Jul - Sep 2019
M.Kecskes	30	36	Jul - Sep 2019
P.Van der Watt	xx	11	Jul - Sep 2019
P.Turner	26	34	Jul - Sep 2019
P.Whitfield	71	73	Jul - Sep 2019
R.Weller	xx	35	Jul - Sep 2019
S.Fathers ( C)	xx	56	Jul - Sep 2019

## ALL GOLD & '60 PERFECT AWARDS

Six Gold badges are awarded for shooting all 6 arrows of an end into the Gold zone of the target face during a competition. Each badge has an insert for the distance shot from 10m to 90 m in target and \*from 100m to 180m in clout

Perfect Perfect End (60) badges are awarded for shooting all 6 arrows of an end into the 10 scoring zone of the target face. Each badge has an insert for the distance shot in metres. in from 10m to 90m in target and from **100m to 180m in clout**

**BRONZE Medals** are presented by your Club Recorder



**SILVER Medals** can be claimed when achieved in a State Tournament and must be marked on your score sheet.



**GOLD medals** can be claimed when achieved in a National Tournament and must be marked on your score sheet.



White Insert is used for Target Archery  
Blue/Grey Insert is used for Indoor Archery  
Those identified with 'M' means shot on an 80cm face  
Badges can be purchased from Club Recorder.  
Costs are \$6.50 per badge, while current stocks held

## AdBow/KidBow Qualifiers 22<sup>nd</sup> Sept:

**10m 122cm face:** Chris Slade (RVM) 240

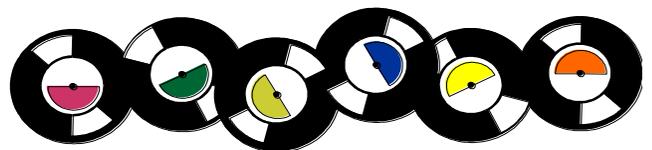
**10m 80cm face:** Marcus Lonie (RUB) 193

**10m 40cm face:** Richard Coventry (RM) 178

**Peter Pan** – 36 arrows @ 15m/10m on 80cm face was shot by the following:

Glen Morrison	RM	269/320 = 589*
Ganan Stone	RIB	276/301 = 577*
Craig Lovell	RU20M	252/299 = 551
Kirstie Morrison	RW	216/294 = 510
Peirs Moran	RCM	219/253 = 472
Thomas Freeman	RIB	235/235 = 470
Sydney Tangsurakit	RCW	193/248 = 441
Arwen Moran	RIG	199/236 = 435
Henry Cook	RUB	166/183 = 349

\*AG @ 10m



*more records tumble...keep it up everyone, awesome achievements.....*

Name	DIVN	Round	Record	Date
Lovell, Craig	RJM	Grinrod Special	618	8/09/19
Moran, Piers	RCM	Grinrod Special	704	8/09/19
Stone, Ganan	RIB	Grinrod Special	782	8/09/19
Lee, Kiesha	RIG	Grinrod Special	717	8/09/19
Shephard, Pilard	RU10G	Grinrod Special	562	8/09/19