



Across the desk of the President

The weather has not been very pleasant during some of the shooting days in October, and although programs are planned, there are times when the Committee needs to make a judgement call as to whether or not programs go ahead, due to the duty of care we have for our younger members (*and even our older members*). Even when an event is postpone because it is raining heavily, then the sky turns blue.....the call has already been made unfortunately. There is nothing -worse that setting up for an event, and then participants don't turn up and/or half the field disappears because it's too wet to continue. We were fortunate with the first of our President / Secretary & Treasurers handicap shoot however, (more information later in the newsletter), with the weather staying dry until the completion of the shoot. It was great to see the number of archers that rolled up for the day.....The next event is the **17th November, then the 1st December**, so if you missed the first one, please join us for the others.

Fred Herbert Clout 6th Oct



Classifications scores that can be achieved:

Elite Gold	Elite Silver	Elite Bronze		
All 3 rounds must be shot in tournaments.				
335	325	315		
Grand Master Bowman		Master Bowmen		
At least 1 round must be shot in a tournament.				
305		285		
Gold	Red	Blue	Black	White
All 3 rounds can be shot at the club.				
265	245	225	195	175



100m

Gold: Maja Kecskes (RUG) 54 & 187 (White)=241 & Massimo Llana (BRJB) 143 & 128 = 271

145m

Gold: Mitchell Campbell (CIB) 243 (Blue) & 287 (MB)=530 / Jack Chambers-Mclean (RCM) 235 (Blue) & 315 (Elite Bronze)=550

Bronze: Alex Ware (RCM) 87 & 182 (White) = 269
 Ben Ware (RCM) 130/137 = 267

Cameron Murry (RCM) 8/22 = 30

Silver: Kristian Chambers-McLean (BRM) 85/97=182



& Mariano Llana (BRMM) 142/111=253

165m

Gold: Maria Wright (CV+W) 264 (Red) /277 (Gold)=541



Mitchell Campbell All Gold @ 145m

Editorial (Mariano & Massimo)

Despite dark clouds and rain, brave souls from Warringah Archers made the trek to Werrington on Sunday 7th October 2018 to compete in the 2018 Fred Herbert Memorial and County of Cumberland Clout. For some like Maja Kecskes and Cameron Murray, this would be their first clout tournament and they did Warringah Archers proud. The Warringah Archers team were small in number but their efforts were outstanding and they all did very well in their divisions.

The clout training provided by Steve Jennison to our juniors leading up to the competition proved beneficial, particularly for those who were taking part in their first clout tournament.

Well done to all our medal winners and to Maja and Cameron for doing really well for their first clout competition. Unfortunately after our hard work and persistence Warringah Archers placed 4th out of all of the clubs competing for the County of Cumberland Shield (which we have won previously)....SO, if you want to try clout, keep an eye out for upcoming competitions, it's a good experience and an enjoyable day.

As this also doubled as the club championships, we continued to hold a novice division, as some of our members that competed had only ever been introduced to the sport down the club, and had not shot at a major event. As members shoot the distance relating to their division,

- 1st Place – Alex Ware – 269
- 2nd Place – Ben Ware – 267
- 3rd Place – Maja Keckes – 241

In the Open Division

- 1st Place Jack Chambers-McLean 550
 - 2nd Place Maria Wright – Score of 541
 - 3rd Place Mitchell Campbell – Score 530
- Well done to everyone who competed

Warringah Handicap 15th October"



Slight change of winners, as handicap scores didn't pull through for a couple of members correctly, but the winner was still:

Winner:
Peter Whitfield
(Recuve Master Male)
Scoring 909

2nd Ben Souchaud (RIB) 903

3rd Matthew McGregor (RM) 903 (sorry Mitchell)

All 3 will receive a \$20 incentive voucher for shooting over 900 – Well done, other achievements on the day worthy of noting.

Mitchell Campbell – ALL Gold @

50m/40m/30m*/18m & Perfect '60' @ 30m

Craig Frandsen ALL Gold @ 50m

Elizabeth Jennison ALL Gold @ 40m

Wayne Moore ALL Gold @ 50m/40m

Leanne Spencer ALL Gold @ 40m/30m*

Maria Wright ALL Gold @ 50m/40m/30m*/18m

The Presidential Guard: Had 11 competitors.



Scores for those who competed in the Oct event.

Off the Bow Score: 7258 – Handicap score: 9242

AWESOME!

Secretaries Sharp Shooters: 8 turned up



Scores for those who competed in the Oct event:

Off the Bow Score: 5164 - Handicap score: 6952

Treasurers Target Troopers: 9 competed

Scores for those who competed in the Oct event:

Off the Bow Score: 4974 - Handicap Score: 6602



Everyone's name will be put in a hat from Oct handicap, if you want to have another name in the draw you need to turn up again and shoot in November & December.

MAXIMUM PERFORMANCE SERIES

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

CONSTANT PERFORMANCE: AVOIDING INJURY AND ILLNESS

THE WINNING GAME PLAYER..next edition

TINA'S LIST SHOWS her extraordinary awareness of the effect on her of the arena in which she performs. The importance of this awareness is even more greatly magnified in game sports.

John Smith, the record-setting quarter-miler, is my performing guru. He has the finest sense of competitive dynamics of any athlete with whom I've ever worked. Recently, he decided to take up tennis. He'd never played before. Within a very short period, he became an excellent player. Before he even picked up a racket, however, he studied the game. The bulk of his study consisted of watching two champions, Jimmy Connors and Arthur Ashe – both of them, like John, former UCLA students.

John likes to play chess. He believes that the strategies of chess are applicable to sports competitions. Every move must be made with future moves in mind. You can even sustain a temporary loss if it's taken in order to achieve an ultimate gain. To John's discerning eye, this understanding was missing in the game Jimmy Connors was playing that day. Connors was steady and aggressive, extremely quick and well skilled. But John felt that he was not employing the give and take of the mature strategist. Jimmy didn't set his opponent up by giving him a shot calculated to put him in a position for a kill.

Ashe, by contrast, was playing the ball with a strategy behind it. He was not running by himself or playing his own game. He was highly aware of the importance of controlling this opponent in the arena, mixing hard with subtle shots and always trying to get his opponent into a certain rhythm and position so that he could take advantage of him. And, of course, he was equally aware that his opponent might try to do the same thing to him. John Smith made Arthur Ashe his particular model in learning to play tennis.

Moving the sport from a mere race against yourself into three-and four-dimensional play is what makes the champion game player. Control of the opponent and the ball is very complex skill *and* represents the ultimate in performance.

One has to learn first that the ball cannot be neglected. When my nephew, Derek Jones, age five plays basketball with his two friends of similar age, the three of them are all over each other. They are obviously more interested in jumping on each other than they are in attacking the ball. When one does go directly after the ball, he has no trouble in getting it. And if he shorts quickly, he can do so before his two friends are on this back. Experience may teach them eventually to "play the ball, not the man," but I see plenty of mature adults who are reacting to the opponent and missing the ball. They are easily

"faked" by a move of the head or a change in timing. I taught Derek the principle of playing the ball, and he immediately gave his secret away to his friends. Now their game is at a higher level and resembles basketball more than wrestling.

Someday, if they are the chess player John Smith is, they will be moving the ball around so as to shift their opponents into weak position and have them at their mercy. That's complete famesmanship. To be continued....The Yips



BIRTHDAYS FOR NOVEMBER,

Tess Phillips (2nd), Joshua Ware (3rd), Simon Mei (9th), Paul Cowle (12th), Ian Harper & Sarina Hao (15th), Stuart

Fathers (18th), Jack Chambers-Mclean (21st), Peter Whitfield (22nd)

DID YOU KNOW:



In this interview, given to UK radio program "My Sporting Life" in 1989, English actor Jeremy Brett talks of his love of archery. Brett was 55 at the time and was a star on stage and screen, particularly for his portrayal of Sherlock Holmes in the TV series *The Adventures of Sherlock Holmes*, which broadcast for 10 years from 1984.

A Simple case of toxophily, Holmes!

Elementary Jeremy

Brett scores a hit on stage as Sherlock Holmes and likes to be right on target when he's relaxing away from the limelight of the West End.

"You really have to concentrate if you take up archery. My brother John shot two of his teeth out once, simply forgot to take the pipe out of his mouth.



Can you imagine the headlines if I did that after being elected 1989 Pipeman Of The Year? Doesn't bear thinking about, does it?

"But accidents will happen. On

another occasion my brother Michael winged someone walking in the woods near the targets. "Nunky" was the old chap's name and the arrow hit him in the arm. But he couldn't have been nicer about it. 'Think nothing of it, dear boy,' he said, carefully removing the arrow from the sleeve of his coat.

"You need space for archery. Not long ago my brother Patrick and some pals were shooting in his

garden at Elstree and an arrow went straight through the dining-room window. Fortunately, lunch was still in the oven. But the window was closed.

"Touch wood, none of my accidents (broken nose wrestling in *As You Like It*, sword in the eye in *Troilus and Cressida*) have ever involved archery. In fact, I've never even drawn a bow in a film or in a play, although I'd love to.

"The whole family were toxophilites. Actually my mother was a brilliant archer, won many awards. She had a special lightweight bow and when I was growing up I used her hand-me-downs. Looking back, I must have been four or five years old when my father gave me my first lesson. Between the wars they'd bought a house in Warwickshire near Meriden which is the home of the historic Woodmen of Arden archery club. They shoot against the Queen's Bodyguard for Scotland, the Royal Company of Archers.

"First my parents joined. Then my brothers Michael, Patrick and John became members. Finally – I was the runt of the family – I followed in their footsteps when I was 21. The outfit is really glamorous – Lincoln green out-sway tailcoat, buff waistcoat with gold buttons, white slacks, white shoes and a New Zealand-style hat that turns up at the side. On my first day I wore my brother Michael's tailcoat. He's narrow in the shoulders and I had to have it taken out a bit, must admit I felt a little gauche, not to mention in awe of the company. Let's face it. They were some of the finest archers in the country.

"Nervous? The Warden was having none of that, 'Buck up, boy!' he said. Naturally I'd been practicing like mad for the occasion. Firing at 100 yards. I nervously let the arrow go. It wobbled in the air and to my astonishment landed smack in the middle of the target. Not only was it a jolly good start, I was also made Master Forester on my first day – a title which carries with it the honour of sitting at High Table. Socially, archery can be pretty heavy going. That day the lunch ran to 12 toasts and I remember staggering out afterwards full of venison and summer pudding, cheeks pink from the port, nose still twitching from my first pinch of snuff.

"Sometime I'd love to take two or three months off in the spring or summer and head for Meriden to recapture it all, shoot every day. Alas, time is the problem. If I'm not making a film or a television

series, I'm on stage (he is currently starring in the hit West End play *The Secret of Sherlock Holmes* at Wyndham's Theatre). In the

meantime, I keep my hand in on Clapham Common! First thing in the morning I slip out of my flat with my bow and arrows and aim at an enormous cushion placed at the foot of a tree. The moment it's light I have only about 10 minutes before people start arriving. Then I have to pack up because it's no longer safe. Sometimes there's an old man out there



walking his dog and, niblick in hand, practicing his chipping at the same time. He keeps a safe distance and his dog keeps a wary eye on me.

"That's when I go home for breakfast. I keep my bows and arrows in the loo. Running water is vital. They must have moisture. Occasionally I run a bath and hang them above it on a rack, let them soak it up. Central heating may be marvellous to us on a cold day. But bows and arrows hate it."

Footnote:

Jeremy Brett had his wish fulfilled to shoot with bow and arrow on screen as shown by these photos from an episode of the Sherlock Holmes series in 1991.



Troy Adams Halloween

Clout was held on the 21st October, with a AM & PM Session, well done to the following members who attended.

Maja Kecskes (RUG) AM: 252 (Red) / PM 240 (Blue)

Mitchell

Campbell (CIB)

AM: 302 (MB) /

PM 300 (MB)

Maria Wright

(CV+W) AM:

293 (MB) & PM

148



Welcome to new members: Gerard Chen (CM), Kerry Yang – returning

Outdoor Target Classifications:

As part of the club incentive once you achieve Grand Master Bowman Status, the club pays for this award on your behalf.

What you need to do is shoot (preferably weekly), and obtain at least 3 scores in the classification required. You can download a complete list from the club website. Listed below are those members who have achieved Gold Class & above.

Outdoor Classifications obtained from the following:

Archer	Division	Classification
Aslanidis, Carmelo	Recurve	Grand Master Bowman
Barr-Jones, Bobby	Compound	Gold
Campbell, Mitchell	Compound	Elite Bronze
Chambers-McLean, Jack	Recurve	Grand Master Bowman
Spencer, Leanne	Recurve	Master Bowman
Wilson, Kane	Recurve	Elite Bronze
Wright, Maria	Compound	Master Bowman

Indoor classifications obtained for the following:

Archer	Division	Classification
Campbell, Mitchell	Compound	Master Bowman
Chambers-McLean, Jack	Recurve	Grand Master Bowman
Spencer, Leanne	Recurve	Gold
Wright, Maria	Compound	Gold

Field Classifications obtained for the following:

Archer	Division	Classification
Campbell, Mitchell	Compound	Gold
Chambers-McLean, Jack	Recurve	Gold

Clout Classifications obtained for the following

Archer	Division	Classification
Wright, Maria	Compound	Gold

From a judges perspective:

What would you do??

Q: At a target event, the target face tears away from the pins and folds over, just as the first archer shoots the first scoring arrow. The group calls you as a Judge. How do you handle this situation?



Reference WA 12.5.1 Judges Guide Book 4.23; 4.24

First tell the group on that target to stop shooting.

Notify the DoS that there is a problem with this particular target, and that arrows will have to be shot at the completion of the end. Depending on how much of the target face has fallen forward will determine whether the arrow/s shot can be scored. Only arrows that cannot be accurately determined will be classified as having been 'not shot'.

At the completion of the end, the DoS will hold all archers at the waiting line while the judge moves forward to the affected target. The judge would determine the scores of any arrows if possible and record them in the judge's notebook then remove any arrows shot, secure the target face and mark any arrow holes.

When the judge has returned to the waiting line then the archers on the relevant target will be given directions to complete shooting. Then, all archers will move forward and score in the presence of the judge. Once they have returned to the shooting line, shooting can recommence for all archers.

If only one corner had folded over on the target face and an arrow or arrows had landed on an unaffected part of the target they may be able to be scored. However, if the target face has shifted or wrinkled in any way the arrows should be reshot in accordance with references if the judge so determines.

Judges and organizing committees should check all target butts and faces are secure prior to the start of the tournament and again prior to start of scoring ends. Competitors should also be checking the security of the face during practice ends. This becomes a more urgent matter when shooting in inclement weather conditions of wind and/or rain.

Club Championships Target Event:

Couple of rulings on this one, as members over 15 shoot the Canberra round, Intermediates shoot the Short Canberra & Cubs shoot the Junior Canberra, with fairly new members shooting the Mini Canberra.

Novice members are giving the option of shooting their particular round and/or moving one distance down. If they do this then their scores are counted in placings as well as the Novice Division. If they move more than 1 distance down (ie Lady Recurve required to shoot 60/50/40 and instead of shooting 50/40/30, ops for the 40/30/20, then score is only considered in the Novice Division. I know it sounds tricky, but we feel we have captured everyone that competed (*except a couple of those that did not score*). **Well done to those of you who gave the longer rounds a go.**



Open Male Recurve	
Aslanidis, Carmelo	815
Chambers-McLean, Jack	740
McGuire, Bryan	713
Moore, Wayne	703
Stasenska, Danny	701
Calandruccio, Stirling	695
Whitfield, Peter	662
Nolan, Alan	606
Turner, Peter	542
Ware, Alex	527
Middleton, Alan	428
Ware, Ben	426
Winfry, Mitchell	424
Hosking, Laef	418
McGregor, Matthew	378
Murray, Cameron	351
Open Female Recurve	
Spencer, Leanne	777
Smith, Gabbie	593
Hutchinson, Lilia	386
Smyth, Deanna	365
Open Male Compound	
Frandsen, Craig	776
Ware, Roland	736
Open Female Compound	
Wright, Maria	812
Jennison, Elizabeth	726
Shorten, Cheryl	626
Intermediate Compound	
Campbell, Mitchell	867
Ware, Joshua	637
Intermediate Recurve	
Souchaud, Benjamin	604
Woo, Joanna	482
Tattersall, Tom	390

Cub Recurve	
Llana, Massimo	670
Farrugia, Lucas	592
Kecskes, Maja	533
Woodley, Tai	444
Woo, Brian	426
Novice	
Chen, Gerard (Zhe)	806
Whitfield, Rachel	749
Whitfield, Peter	662
Faustmann, David	634
Renelt, Elizabeth	634
Shorten, Cheryl	626
Park, Su Reem	601
Farrugia, Lucas	592
Turner, Peter	542
Woo, Joanna	482
Middleton, Alan	428
Woo, Brian	426
De Luca, Gemma	423
Hosking, Laef	418
McGregor, Matthew	378
Smyth, Deanna	365
Murray, Cameron	351

All Gold Awards achieved by:
 Carmelo Aslandis – 60m/50m/40m
 Stirling Calandruccio – 50m
 Mitchell Campbell 50/40/30 & '60 @ 30m /



Jack Chambers-McLean – 50m /
 Gerard Chen 20m/10m /
 Craig Frandsen – 40m /
 Su Reem Park – 10m /
 Leanne Spencer – 40m
 Roland Ware – 40m
 Rachel Whitfield – 10m &
 Maria Wright – 50/40m

Badges can be purchased from the club while stocks last.

CHANGES TO TARGET RATINGS:

Renelt, Elizabeth	xx	27
De Luca, Gemma	xx	29
McGregor, Matthew	xx	24
Whitfield, Peter	57	60
Whitfield, Rachel	xx	26
Ware, Roland	63	64
Dalton, Thomas	40	41

Only 1 record achieved in Oct 20/10/18

Whitfield, Rachel	RIG	Mini Canberra	749
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