



**WARRINGAH ARCHERS
NEWSLETTER
September, 2017
www.warringaharchers.com.au**



Across the desk of the President:

Spring is definitely on its way, and with that there appears to be no consistency with the weather, from do I put my winter wollies and rain jackets ? do I put them away and get out the shorts/T-shirts.....me I'd hold onto those warm & wet accessories just for a wee bit longer, but as always remember to dress appropriately for any type of weather conditions. Remember to SLIP, SLOP, SLAP and of course BUG OFF is a good investment at the club as we head into the summer season

Warringah Archers Club Annual General Meeting 30th September, saw the following executive committee elected for the next twelve months. I would like to take this opportunity to say a BIG THANK YOU to Paul Wilson, and Ratcliffe Matthews for their continued support of the club.

- President: Elizabeth Jennison
- Vice President: Stirling Calandruccio
- Secretary: Roland Ware
- Treasurer: Kristian Chambers-McLean
- Recorder: Leanne Spencer
- Executive Members: Danny Stasenka
Alan Nolan
Mariano Llana

Remember that if you feel you have any improvements /ideas that can help assist the club, please let an executive member know.

This month also kicked off our Club Championships events, so please ensure that you have put a diary date in your calendar for the Club Target / Clout and of course the XMAS party presentation night.

**Club Championships Urban Field
2nd September**

Archer	Class	Round	Total	Class
Recurve Male				
Johnstone, James	Open	Red	315	Gold
Aslanidis, Carmelo	20 & Under	Red	305	Gold
Calandruccio, Stirling	Master	Red	234	Blue
Catto, Andrew	Master	Red	255	Red
Llana, Mariano	Master	Blue	153	
Nolan, Alan	Veteran	Red	143	White
Hayman, Simon	Veteran	Red	107	
Ware, Roland	Master	Red	24	

Recurve Female

Spencer, Leanne	Open	Red	290	Red
Hutchinson, Jessica	20 & Under	Red	88	
Hutchinson, Lilia	Master	Red	86	

Compound Male

Frandsen, Craig	Open	Red	272	Black
Smith, Mark	Master	Red	237	Blue

Compound Youth

Campbell, Mitchell	Cub	Yellow	355	GMB
Barr-Jones, Bobby	Intermediate	Blue	323	Gold
Deakin Oliver	Cub	Yellow	206	Black
Frandsen, Mikayla	Cub	Yellow	174	White

Recurve Youth

Chambers-McLean, Jack	Intermediate	Blue	290	Gold
Souchaud, Ben	Cub	Yellow	162	Black
Ware, Alex	Cadet	Blue	123	White
Llana, Massimo	Cub	Yellow	109	
Ware, Ben	Cadet	Blue	81	
Woodley, Tai	Cub	Yellow	54	
Tattersall, Tom	Intermediate	Blue	36	

Outright Field Winner: Mitchell Campbell
With: Mitchell Campbell, Jack Chambers-McLean & Craig Frandsen shooting Field All Golds.

Club Adbow/Kidbow Championships

9th September: We didn't see as many competitors as hoped competing at this event, considering how young the club is in new membership growth. Please remember that there is always a distance that members can shoot.

Champions for 2017 are:

Adbow: Mariano Llana

KidBow: Mikayla Frandsen



**State Field Championships
16/17th September**

These were held in Armidale and it was great to see the comeraide between competitors. Yours truly assisted with the scoring of the event, which saw 2 Gold Medal and 1 Silver medal being presented.

Armidale put on a great event, and on the Saturday evening they had a BBQ for all competitors, which was well received. With the kids going off later to play ten pin bowling, there was something for everyone to do.

The State President together with the local member from Armidale were on hand to assist with the Presentations.



Gold went to: Jack Chambers-McLean (RIB), and Mitchell Campbell (CUB), with Silver going to Leanne



Spencer (RW). Other awards that were achieved by competing are listed below, due to this being a World Archery Event

Chambers-McLean, Jack	WA Arrowhead Brown
Chambers-McLean, Jack	Australian Field Star 270
Campbell, Mitchell	Australian Field Star 295
Campbell, Mitchell	Australian Field Star 335
Spencer, Leanne	WA Arrowhead Grey
Spencer, Leanne	Australian Field Star 260

CHANGES In FIELD RATINGS

Name	Old	New	Date
Campbell, Mitchell	58	66	Sep-17
Chambers-McLean, Jack	50	57	Sep-17
Spencer, Leanne	xx	66	Sep-17
Ware, Roland	xx	14	Sep-17

New Committee for ASNSW 23rd September, positions that still remain vacant

President:	Steve Jennison
VPPublicity:	Andrew Crampton
VPMembership:	Kelvin Heath
Treasurer:	Chris Clerk
Secretary:	Vacant
Coaching Coordinator:	Gregg Barr-Jones
Youth Coordinator:	Anthony Maxworthy
Officials Convenor:	Kathay Vaughan
Tournament Coodinator:	Vacant
Recorder:	Lilia Hutchinson
Webmaster:	Vacant

If any members are interested in taking on a state role, they can submit



State Records awarded to:

July: Kane Wilson (U20 Male), Australian Indoor 1 – 18m, shot 277 in bracket number 1, then 291 in bracket No.2 22/7/17

Maria Wright – (Vet+CW), score 541 in the WA Indoor 18m (inner 10) on 23/7/17

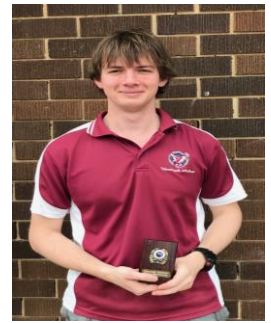
SEPTEMBER HANDICAP WINNER

Kaden Currie
Recurve U20 Male

Bang goes my rating!
2nd place was Rhys Weller,
3rd place going to Stirling Calandruccio.

All Gold awards were achieved by:

Stirling @ 50m/40m/30m / Craig shot one @ 50m & Rhys @ 20m



Trans Tasman Test – Youth archers:

Date: 19-23rd April, 2017 following the Youth Nationals

Venue: Twin City Archers, Toners Lane, Morwell VIC

Proposed Program:

Thursday 19th April – Official Practice, Opening Ceremony

Friday 20th April AM: Ranking 20 & nder PM Cadet / Intermediate & Cubs

Saturday 21st April – individual Matchplay

Sunday 22nd April – Team Matchplay or Mixed Team

Match Play / Final Function

Monday 23rd teams depart

Note: Could change

Minimum Qualify scores required.

20 Under (FITA Junior) Male Recurve WA70/720 – 567

20 Under (FITA Junior) Female Recurve WA70/720 – 539

20 Under (FITA Junior) Male Compound WA50/720 - 612

20 Under (FITA Junior) Female Compound WA50/720 - 590

Cadet Male Recurve WA 60/720 – 550

Cadet Female Recurve WA 60/720 – 520

Cadet Male Compound WA50/720 - 565

Cadet Female Compound WA50/720 - 537

Intermediate Male Recurve 40/720 – 589

Intermediate Female Recurve 40/720 – 565

Intermediate Male Compound 40/720 – 629

Intermediate Female Compound 40/720 – 611

Cub Male Recurve 30/720 – 614

Cub Female Recurve 30/720 – 614

Cub Male Compound 30/720 – 648

Cub Female Compound 30/720 – 648

A notice was recently sent out from Archery Australia on the 27th July advising selection procedures. If you are intending to qualify please take t-he time to review this document.....**PLAN AHEAD**

The club will be holding 2 x 1440 arrow Qualification Ranking Events (Target QRE) rounds on the **22nd October & 2nd December**, to assist with the necessary scores

WARNING FROM ASADA

This is an important message from ASADA for any member seeking selection in a National Team, competition in a major National or International Tournament or seeking to become part of a development or High Performance Program.

In just over a year, 13 Australian athletes from nine different sports have tested positive to Higenamine, which is prohibited both in and out of competition.

This is in spite of a warning issued by ASADA in November 2016. Higenamine is often listed on the ingredient label of the supplements, however this is not always the case.

As such, ASADA is reiterating its warning around the risk of supplements, as well as ways to help reduce that risk.

To do that, ASADA have published a blog specifically about Higenamine, which includes the names of supplements known to cause positives, and have made several posts on our Facebook and Twitter accounts.

<https://www.asada.gov.au/news/athlete-warning-higenamine-supplements>

Twitter: @anti_doping

Facebook: ASADAantidoping

Are you taking a supplement?

Check what's in the product you are taking or stop taking the product all together.

REMEMBER, it is each athletes responsibility to know what you are taking, ignorance is not an excuse.



Birthdays for October

Connor Dalton (6th),
Alan Nolan (7th),
Elizabeth Jennison

(16) – Dare not forget this one?, Mireille Vermulst (17th)
Jame Johnston (20th),

2018 Matchplay Series, dates to remember, conditions and update can be located on Archery Australia website:

8th Nov – WA

26th Nov – QLD

13/14th January – SA

28th January – ACT

10/11th Feb – Victoria

7/8th April NSW

Club Championships Clout 8th October, (in conjunction with Fred Herbert Memorial Shoot), as space will be limited, please register as soon as you see the entry forms come out.

Incentive to members at this event – the club will reimburse you \$10 cash on the day for competing in this event

SHOOTING RULE CLARIFICATION

TOUCHING ARROWS (TARGET FACE OR BUTT) PRIOR TO SCORING - Within archery there appears to be much confusion as to the rule surrounding "touching arrows (target face or butt) prior to scoring".

The common misconception is, if there is an arrow close to the score zone dividing line and the archer touches an arrow/s (target face or butt) and its their arrow/s then the lower score prevails but if the archer touches someone else's arrow/s than the higher score prevails.

THIS IS TOTALLY INCORRECT. There is no such rule and there has never been such a rule in Archery. In this area Archery Australia complies with World Archery rules.

World Archery Rule 14.2.1 states - None of the arrows, the target face or butt shall be touched until the value of all the arrows on that butt has been recorded.

It is very important to note there is and has never been any direct penalty for failing to comply with this rule.

In saying that if an archer does touch arrow/s (or target face or butt) prior to scoring it is the responsibility of the other archers on the target to bring this to the archer's attention.

If the archer continues to touch arrow/s (or target face or butt) prior to scoring the other archers on the target may bring this to the attention of a Judge who may issue a warning.

Alternatively, if a Judge observes an archer touching arrow/s (or target face or butt) prior to scoring the Judge can issue a warning.

It should then be noted that under World Archery Rule 15.1.7. it states

An athlete proved to have knowingly broken any rules and regulations may be declared to be ineligible to participate in the competition. The athlete shall be disqualified and shall lose any position he may have gained.

So an archer who touches arrow/s (or target face or butt) prior to scoring and has been previously warned by breaking WA Rule 15.1.7 may be declared to be ineligible to participate in the competition by a Judge.

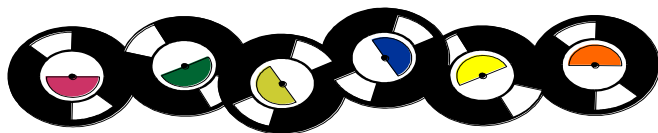
CHANGES IN TARGET RATING

Name	Old	New	Date
Baker, Aiden	6	8	Sep-17
Brady, Emma	27	28	Sep-17
Campbell, Mitchell	74	77	Sep-17
Deakin, Oliver	xx	39	Sep-17
Frandsen, Mikayla	35	42	Sep-17
McGuire, Bryan	41	42	Sep-17
Smith, Gabbie	37	40	Sep-17
Winfry, Mitchell	xx	20	Sep-17
Woodley, Tai	9	11	Sep-17

CHANGES IN INDOOR RATING

Woodley, Tai	10	12	Sep-17
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New Members: Please join me in welcoming: Jasper Kay (RIB), Alexander Godfrey (RUB), Rhys Weller (20RM), Louis Croudace (CUB), Paul Croudace (CMM), Lucas Farrugia (RUB), Geoff Farrugia (RM), Max Shaw (RIB), please take the time to show them the ropes down the club.



Records broken up to the 17th September

Carmelo Aslanadis	RJM	Field 24T Mrkd	305	2/09/2017
Stirling Calandruccio	RMM	Harbour	529	9/09/2017
Jack Chambers-MacLean	RIB	Harbour	338	9/09/2017
Leanne Spencer	RW	Victoria	704	9/09/2017
Carmelo Aslanadis	RJM	Victoria	706	9/09/2017
Gabbie Smith	RIG	Darwin	661	9/09/2017
Mitchell Campbell	CUB	Darwin	824	9/09/2017
Mikayla Frandsen	CUG	Darwin	811	9/09/2017
Jack Chambers-MacLean	RIB	Bothwell	577	10/09/2017
Mitchell Campbell	CUB	Bothwell	602	10/09/2017
Mikayla Frandsen	CUG	Fortress	721	17/09/2017

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Smith, Gabbie	37	40	Sep-17
Winfry, Mitchell	xx	20	Sep-17
Woodley, Tai	9	11	Sep-17

Greetings from Finland:

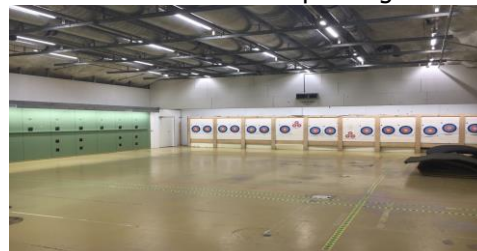
Greetings from not so sunny and quite cold Finland. Time seems to be flying past and probably because we have been so busy. I try to remind myself it's all worth the bother some days but overall, it's going really well. We have a great house near the sea, good access to the city and even the cats seem to be liking life!

Work is work for me but Sheila has settled into a very busy social life and Victoria loves her school and seems to have plenty of new friends. Not manyok no archers in the group but hey, there are only 5 Million people in Finland and only some of those shoot.

I joined the Hood archery club in Helsinki when I arrived. There are about 400 members so I think it's the largest club in Finland. Not that you would know as I have only met about 20 of them.....the regular

shooters. I started shooting with them in the "bunker". An underground bomb shelter which is used for all sorts of sporting clubs. Hood shares the same space with an air rifle club. I have attached some photos of the blast doors on the way into the main area. Thankfully they are not used much.....bomb shelters are common here and all the underground parking in the city doubles as shelters. I guess when you live so close to Russia you need a place to go and think what to do next.

Spring was pretty bad, quite a lot of snow and even the locals were complaining. This meant quite a



few weeks of shooting 18m. I have to say it's easy to get a bit sick of that distance.

Luckily there are Sunday afternoons when they move the furniture and you can shoot 50m from one end of the room to the other. I was usually there alone or perhaps with one or two other people.

Finally summer came, well that's what they call it.

The first day was 6 degrees, thunder and rain. So far in Helsinki we have had one day I can remember when it got to 24C. There are a quite a few days between 20 - 22C and then the rest are around 16-18C. These are the daytime highs! Officially it's been the coldest summer is about 60 years. The Finns are not happy. You can imagine the outdoor range was not popular until well into summer. The best thing about the summer is the light. You can decide to have a shoot at 10pm if you like as the sun does not set until after 11 and even then it's not really that dark.

Or you can get up at 2 am and start shooting. The flip side to that is you need thick curtains to sleep that is, if you like to sleep in the dark.

The outdoor field is shared by all clubs and is quite nice. It's in the Helsinki version of their central park and it's a dedicated field - targets are always in place and faces are replaced by the club quite regularly.

Trees surround the field so it's really pleasant to shoot and the wind has not been bad at all. There are also a lot of large rabbits as a distraction. They seem to know the safest place is next to the target. I'm shooting there a couple of times a week. Sometimes there is one or two people, sometimes I'm the only one and on the rare time, there is perhaps 20-30 people shooting all distances. Mostly Finns are quiet so you can shoot a whole round and almost no conversation takes place. It actually took a few months for people to talk to me at all - I was getting worried but slowly they are coming around and sometimes we even break into a chat. Can you believe! People shoot recurve and compound in similar numbers but there is a disturbingly large number of traditional bare-bows.....some are bloody good so I avoid shooting with them. There are also some crossbows but nobody talks to them at all. It could be the strange hats they wear that have a collection of home made sun shields and other devices attached.

Shooting here also makes me appreciate our club and the facilities we have in Australia like electronic scoring. The organisation and work done by our club committee should also not be taken for granted. Well done Elizabeth, Steve and the other members and keep up the good work. Also Steve and the other coaches - coaching here is available in the club but you have to pay extra and I'm yet to be convinced of the value and quality compared to Warringah. I'll get into it this winter so I can try and unlearn all the bad habits developed over the last few months, ha ha.

Also the newsletters. I welcome these and hope you can keep sending them to me so I can see who is shooting well. I have a new appreciation for you all. You can quote that to the members and let them know how lucky they are!

Now the so called summer is coming to an end. Already we have had 15 degrees today and soon the temperature will be struggling to be in double digits during the day. Time to go back to the "bunker" for the winter. Below zero temperature and some dull glow in the sky between 9am and 3pm if you are lucky. Good thing we did not move here for the weather.

That's about it from me. I'll be visiting Sydney in September and will try to come to the club for a visit. We will also be back in December for a couple of weeks so you will probably see me then as well. Best wishes and hope everyone is well back home.



Club Championships Indoor 30th Sept

Archer	Class	Score	Score	Total	Class
Recurve Adults					
Calandruccio, Stirling	Master	252	262	514	Red
Steele, Glenn	Veteran	241	213	454	Blue
Nolan, Alan	Veteran	237	210	447	Blue
Stasenka, Danny	Veteran+	220	216	436	Black
McGuire, Bryan	Open	159	228	387	White
Llana, Mariano	Master	194	188	382	Black
Holme, John	Open	162	169	331	
Ware, Roland	Master	175	156	331	White
Farrugia, Geoff	Open	103	127	230	
Recurve Women					
Spencer, Leanne	Open	263	270	533	Gold
Blinkhorne, Kiri	Open	223	235	458	Blue
Hutchinson, Lilia	Master	189	161	350	Black
Hutchinson, Jessica	20 & Under	157	151	308	White
Recurve Junior					
Chambers-McLean, Jack	Intermediate	249	244	493	MB
Ware, Alex	Cadet	151	146	297	White

Souchaud, Ben	Cub	109	126	235	Black
Llana, Massimo	Cub	121	69	190	White
Woodley, Tai	Cub	73	110	183	White
Ware, Ben	Cadet	79	90	169	
Farrugia, Lucas	Cub	81	61	142	
Longbow Open					
Hao, Sarina	Open	50	86	136	
Compound Women					
Wright, Maria	Veteran+	241	274	515	Red
Compound Juniors					
Campbell, Mitchell	Cub	255	260	515	GMB
Ware, Joshua	Cub	182	84	266	Black

ASNSW Ross Herron Trophy points updated to 30th September, 2017, lying in 10th Place, so lets see if we can improve on this and make the Top 5!

SOPA	229
Illawarra	198
Northern	150
Penrith	142
Liverpool	133
Cessnock	115
Coast Archers	107
Warringah	99

Joke of the Month:

Subject: marriage

On their way to get married, a young couple were involved in a fatal car accident.

The couple found themselves sitting outside the Pearly Gates waiting for St. Peter to process them into Heaven.

While waiting they began to wonder; could they possibly get married in Heaven?

When St. Peter arrived, they asked him if they could get married in Heaven. St. Peter said, "I don't know. This is the first time anyone has asked. Let me go find out," and he left.

The couple sat and waited for an answer... for a couple of months.

While they waited, they discussed the pros and cons. If they were allowed to get married in Heaven, should they get married, what with the eternal aspect of it all? "What if it doesn't work? Are we stuck in Heaven together forever?"

Yet another month passed before St. Peter finally returned, looking somewhat bedraggled.

"Yes," he informed the couple, "You can get married in Heaven."

"Great!" said the couple. "But we were just wondering; what if things don't work out? Could we also get a divorce in Heaven?"

St. Peter, red-faced with anger, slammed his clipboard on the ground.

"What's wrong?" asked the frightened couple.

"OH, COME ON!" St. Peter shouted. "It took me 3 months to find a priest up here!

Do you have ANY idea how long it'll take to find a Solicitor?"