

THE FESTER



May 2022 ISSUE | WRITTEN BY Mark, Bill, Hannah, Paul and Katherine

Outdoor Shooting Notes and Guidance

With a new outdoor season just getting going here are some comments on how to maintain smooth running of our outdoor shooting sessions.

- 1- **New target boxes (below):** have been purchased. They should contain: 1 ground peg, 1 strap, 2-3 yellow and black distance markers; 5 target pins; 1 red flag; 1 blue flag. **PLEASE CHECK THEM BEFORE YOU PUT THEM AWAY IN THE CONTAINER.**
- 2- **Red flag/blue flag:** On request of some of our less confident archers who do not like to say 'No'. A red flag on top of your boss is a polite way of saying "I want to shoot on my own". A blue flag, or no flag "I'm happy to share my boss."
- 3- **Security!** Please ensure the field container **AND** the pavilion are left secured as directed in Mark's instructions. In particular, the large padlock has been left off of the pavilion door on more than one occasion this last month.
- 4- **Arrows:** Please **WRITE IN the number of arrows** you are bringing onto the field **when you sign in**, then count them out again. We have already found some arrows out on the field that were missed!
- 5- **Separation zone:** We operate 2 ranges for most shoots, separated by the pink flags and rope. Each zone operates on its own. We suggest rounds involving 60+ yards are on the left; less than 60 yards on the right. This is to reduce waiting between ends for archers shooting shorter distances.



MAY CALENDAR

Sat	7th	May	EQUIPMENT WORKING PARTY-DIANA
Sun	8th	May	Monthly fun shoot: ALBION and shorter versions. 10.00 am
Tue	10th	May	Clout shooting 16.00 pm
Wed	11th	May	Committee meeting 19.30 pm
Fri	13th	May	
Sat	14th	May	Beginners Course-OUTDOORS 9.00 am-12.00 pm
Sun	15th	May	Beginners Course-OUTDOORS 9.00 am-12.00 pm
Tue	17th	May	COACHING-weekday - 18.00 pm
Fri	20th	May	Clout shooting 16.00 pm
Sat	21st	May	Beginners Course-OUTDOORS 9.00 am-12.00 pm
Sun	22nd	May	Beginners Course-OUTDOORS 9.00 am-12.00 pm
Tue	24th	May	
Fri	27th	May	MONTHLY POSTAL LEAGUE SHOOT
Sat	28th	May	COACHING-YOUNG ARCHERS 10.00 am
Sat	28th	May	COACHING-ADULT 12.00 pm

MEET THE COMMITTEE

Hey guys,
I'm Katherine



ROLE ON THE COMMITTEE:

I am the Young Archers Representative

My archery experience

About 8 years. Recurve for target archery and barebow for clout.

What my role entails

I work with our club members under 25 years of age to build up our younger archers as a community and to provide assistance and support.

My archery highlights

Claiming 2 National Clout records as an U16 junior shooting adult distances and also winning a Senior Ladies bronze medal at the clout National Championships in 2019.

Tell us an interesting fact

In my experience, the less you care about your scores, the better your scores become!

EMAIL: youngarchers@harlequinbowmen.org.uk

Harlequin Success at Waterside



On Saturday 16th April, 3 Harlequin clout archers, Robin, Katherine and Paul, competed at the Waterside Clout weekend in the New Forest. It was a glorious sunny day, and remarkably warm with light winds, which was spot-on for great clout archery. A metric scoring zone, with a radius of 7.5 m, was also a more appealing form of clout at this early point in the year. Our senior ladies Katherine and Robin took 1st and 2nd place respectively in the barebow round, at 125m. Paul took 1st place in the gents barebow round at 165m, with a surprise win over our good friend Alan Holder from Forest of Bere. Goes to show there is a first time for everything! The barebow archers also seemed to be much better at hitting the post at 165m (see picture of Paul's arrow embedded in the flag!) much to the annoyance of the recurve archers present. Hopefully this marks the start of continued clout success for team Harlequins. We have several clout evenings and afternoons planned over the summer for anyone who wants to try it out and get practice.



Next up for team Harlequins is the SCAS Clout shoot in early June where all 3 archers are hoping to compete. If anyone would like to join them on Sunday 5th June, please let Paul know.



Easter Sunday Wand Shoot

A WANDerful morning in April. Every wand in glorious technicolour! Don't miss our next wand shoot in July.



Several large chocolate rabbits were won and consumed in the course of the morning.



Barebow Coaching Training

On Sunday the 24th April Alan, Robin and I met with fellow coaches at the Foxes' Den, Binfield for a full day discussing Barebow archery and coaching. This was presented by Trish Lovell, an internationally recognized barebow champion. The event was fully sponsored by the Berkshire Archery Association (BAA) and organized by Steve Cornish.

I have always considered shooting barebow a dark art and a lot of what we covered in the morning kind of reinforced this. Who knew that a small difference in the grain weight of individual points can cause a difference in group heights; how a slight difference in fletching angle, glue amount and even colour can affect the arrow flight? Some areas were familiar, e.g. using correctly spined arrows for your bow, but the lengths you can go to make sure they are correctly spined was very impressive.

Bow tuning was also discussed and made us all think about how routinely we actually check the nocking point position, the bracing height, tiller, center shot, button position and pressure and how often this should be repeated during a shoot. All sports have their own language so if any of these terms are not familiar to you then just come and talk to the Harlequin Bowmen coaches about bow tuning. Maybe we can even persuade someone to do an article on bow tuning in future Jester issues.

I also found it fascinating that Trish would use her tab stitches for 'macro-adjustments' and bandings on the string serving for 'micro-adjustments' during a shoot to bring the arrows 'into the gold'. We also discussed techniques such as point of aim, face walking and string walking and how the latter can be greatly affected by incorrect tiller and can be identified by wobbles in the limbs and limbs not 'closing down together'. For example, this can be detected by placing a long rod on the barebow and observing as the string is pulled back. If the long rod stays 'stable' then tiller is correct but if the long rod moves up or down when the string is being drawn this could mean the tiller is incorrect.

In the afternoon Bowmen of Warfield were kind enough to give up their range for the morning coaches to use their new knowledge, with Trish close by to offer further advice. It was also great that Harlequin Bowmen archers Neil, Dan, Robin and I all took to our barebows to be put through our paces. Now, I do not shoot Barebow normally and promptly proved this with my first three arrows, as I sent these over the top of the target and halfway down the range. It's a good job a metal detector was close at hand and the arrows were very quickly found. Eventually, after a lot of patient coaching from Alan, I managed to get six arrows on the target and the cloud surrounding barebow archery began to clear.

I felt the whole day was a fantastic success and Steve is keen to run more events like this to help all coaches gain the knowledge and confidence to support local club archers. This all fits in well with the Harlequin Bowmen coaching team goals to help you improve your scores and fill in the gaps regarding knowledge so do come and talk to us.

Happy (barebow?!) shooting

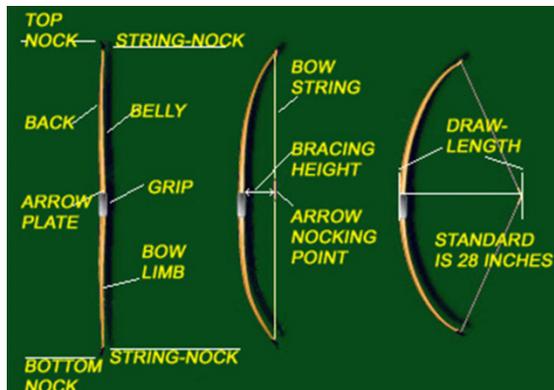
Mark Gardiner (Harlequin Bowmen Secretary)

Pictures courtesy of Tom Clint, Berkshire Archery Association.



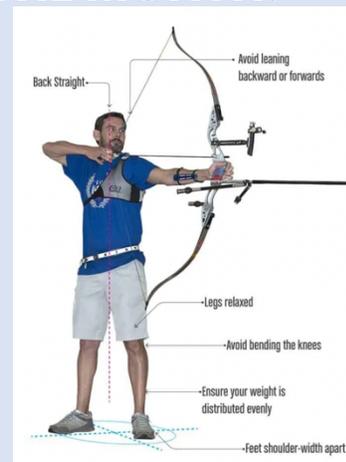
Mark, in blue, hearing from barebow expert, Trish Lovell.

How do you tune a longbow?



COACHING TIP OF THE MONTH:

Regardless of bow-type and level of experience, the first place to check up on technique is your stance and posture: remember, weight should be slightly forward of centre on your feet, equally spread between left and right; knees should be just softened from a locked position and hips should be tucked 'up and under' to straighten the lower end of the spine. Finally drop your rib cage down into a relaxed position to keep the top of your spine straight too.



I listen to much discussion and many opinions amongst recurve archers about tuning and tweaking their bows. Sometimes I am asked about longbow tuning. Fortunately, or unfortunately, depending on your viewpoint, such matters are not so applicable to the longbow. You could change the bracing height or the nock position, but such adjustments are not a major consideration. The bowyer recommends a bracing height for that particular bow, so why would one question such a skilled artisan who is utilising the shared experience of bowyers passed down through the ages? If not the bow, what of the arrow? Due to the Archers Paradox, the arrow needs to bend around the bow when shot. Therefore, the spine of the arrow is a crucial element: too stiff and the arrow will fly off to the side; too weak, and the flight becomes very erratic. A rule of thumb, and lots of things relating to longbows tend to be rules of thumb, is that the spine should be '10 lbs less than the poundage drawn on the bow'. Shafts are rated in 5lb increments: 30-35 lbs, 35-40 lbs, 40-45lbs and so on. I should stress this is a general rule and different longbows may shoot differently with differently spined arrows. From this point on, it is possible to slightly alter the spine of the arrow by changing the length of the arrow (shortening will increase spine), or fitting heavier or lighter piles (increasing the weight will weaken the spine). Finally, the fletchings will affect how the arrows fly: their choice will depend largely upon the distances shot. The smaller the fletching, the longer the arrow will take to stabilise after release, but the further it will fly, due to there being less drag. There are a number of variables that cannot be determined with any precision, and that is why many longbow archers end up making their own arrows – always trying to produce the perfect balance between longbow and arrow. That, however, can be a thankless task for one important reason: shooting a longbow is, in reality, no different to shooting any other bow type and the overriding determinant of performance is not the equipment, but an archer's form and shot sequence.

Bill Murfett

How do you tune a longbow? Option 2:

Object Type
musical instrument-bow

Museum number
Eu1972,01.34

Description
Bow (for playing musical instrument), made from an undecorated piece of wood, with horse hair strains bound at the grip with a leather thong and string.

Findspot
Found/Acquired: [Europe](#) (?)
Europe
Found/Acquired: [Asia](#) (?)
Asia

Wow! There are such things as musical bows! Probably easier to tune than a longbow. Image courtesy of British Museum





OUR HARLEQUIN HAWKEYES

Our Harlequin Hawkeyes have several coaching sessions coming up over the summer season. The dates are listed below. We will be offering coaching advice and equipment checks as well as just having fun shooting together. Sessions run from 10.00 am until 12.00 pm and are free. Please contact Katherine if you have any questions about the sessions or ideas for Harlequin Hawkeyes to pursue that you want to discuss.

Young Archer Coaching: Saturdays, 28th May, 18th June, 30th July, 27th August, 24th September, 29th October

A Hawkeye's perspective....

Last year my sister, Amy (14yrs), announced she wanted to do her bronze Duke of Edinburgh award. For part of



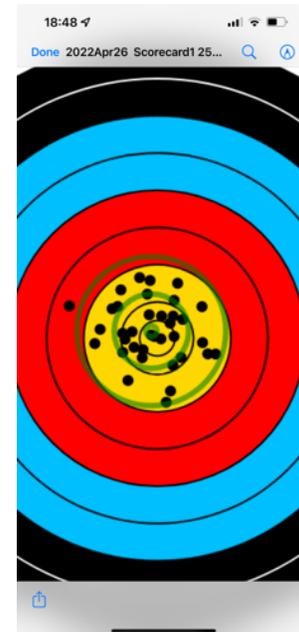
DoE bronze you need to develop a new skill that can be measured over a year for an improvement. Amy decided it was time to start her archery journey and DoE was a great opportunity. Amy has more-or-less grown up around a range as I've been shooting since I was 7 and in the early days she was almost always there. Since my archery career has move forward a little there is also far more in-depth conversation about archery around the dinner table and in the car...OK it's almost all the time these days! We talk a lot about the mental side of the sport and the importance of being prepared both physically and mentally. Amy decided she was going to go straight into shooting compound for several reasons but the main one was "I don't want to compete against Hannah; I want to shoot with her and compound is cool". Amy made her own decision that she needed to get fitter and stronger to start archery, that's not necessarily true but that's how she felt. Working with Amy and one of my coaches (Nat Merry from Oxford Archers) we came up with a 'Strength and Conditioning' program for her to follow for 3 months. During this time Amy carried out band drills for technique

and some static loop drills to get used to a release aid but at no point picked up a bow.

8 weeks-ago she picked up her borrowed bow for the first time and it's a well-used bow from Oxford Archers with a rather suspect sight. Building up gradually she started shooting short distances (3-6 m) and about 20 arrows a session and slowly built up each week to comfortably shooting up to 80 arrows a session. Well, this week (week 8) she felt it was time to head to the range at Harlequin and shoot a scored round. As her second time shooting at 20 yards the obvious place to start was a 252 round or in a compound archer's case a 282 round. Most importantly Amy really enjoyed herself and had great fun and the outcome was 322/324, dropping only one arrow into the red. I'm really proud of the way Amy has approached her journey with archery which shows there are different routes into the sport.

On a final note, it's important that we as siblings/parents/grandparents/coaches never lose sight of why the archer started archery and try to maintain the fun and enjoyment. I know I need my archery to keep my head clear especially during year 11 and my upcoming GCSE's so maintaining the fun is important. Although my journey has taken my archery into a career, those around me have never lost sight of the enjoyment archery brings me and how important that is. I would love to take this opportunity to thank EVERYONE at Harlequin Bowmen for all their support, advice and not forgetting the chat and laughter.

Thanks for reading, Hannah.



All hands on deck(ing)... Saturday 7th May, 10.00-14.00

On Saturday 7th May we will need some assistance from club members to clear through and check maintenance of our outdoor target equipment so that we can ensure we are ready for the Diana competition at the start of June. This will involve clearing out older equipment, replacing timbers in our frames and ensuring we have all of the other competition related bits and bobs in order and ready for June 4th. ALL members are welcome to drop in....please bring tools (e.g. electric screwdrivers are particularly helpful) and clothes you don't mind getting covered in sawdust/dirt! If we are lucky we might even be able to persuade Helen to get cooking some bacon rolls at half-time.

Please email chairman@harlequinbowmen.org.uk to offer your assistance or ping a message via WhatsApp to let us know. Thanks! Paul.

A Summer of Competition at Harwell

57th Diana Competition, Saturday 4th June, 09:00 – 17:00, Harwell Campus

Assembly is at 10:45, sighters at 11:00

<https://www.harlequinbowmen.org.uk/event-info/57th-diana-open-competition>

If you *'don't feel ready for a proper competition'* then sign up anyway because honestly... it's just another shoot! If you like good weather, good food, and good company, this event is for you!

Harlequin Bowmen 3rd Annual Clout Weekend, Sat 25th -Sun 26th Jun, St Birinus School Playing fields

Assembly at 10:45 (Sat) and 10.00 (Sun). WA and GNAS Double Clout rounds.

<https://www.harlequinbowmen.org.uk/event-info/harlequin-bowmen-3rd-annual-clout-weekend>

Come and try out clout beforehand if you want, and then join us for a great weekend of relaxed and informal shooting.

Berkshire Archery Association County and Open Outdoor Tournament, Sun 17th July, Harwell Campus

Assembly is at 8.15 am. Double WA70m and similar rounds.

<https://www.harlequinbowmen.org.uk/berkshire-county-championships-2022>

A slightly higher profile but no less friendly event hosted by Harlequins at Harwell.