



## Compton Archery - September 2018 Newsletter

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### Introduction

We hope everyone has had a great summer holiday. It's now officially Autumn and days are getting shorter. Now is the time for that final push to get the 252 badge or National Round club record that you've been striving for ☺ In the meantime, we'll keep shooting outdoors for as long as possible but we'll use the sports hall if we see the weather is particularly bad. Be prepared for either at the moment.

If you'd like us to include or cover anything specific next month please let us know at [Compton.archery@gmail.com](mailto:compton.archery@gmail.com).

Welcome back to school to our younger archers ☺ Enjoy the new found peace and quiet to our older archers ☺

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### Smartphone Scoring Apps



We're often asked about Smartphone archery apps. They can be a really useful tool to record scores, personal bests, even sight marks for different distances. Many of them have all the National rounds built in so you don't have to remember which zone scoring you're doing or how many ends at each distance etc.

There are a number of excellent Archery Smartphone apps available on both Apple iOS and Android platforms. Our particular favourites on iOS are 'MyArcheryPro' and 'iArcher'. MyArcheryPro is a good all round scoring application which has all the National rounds built-in but is especially good for ad-hoc shooting sessions. There is also a free version. On the other hand, iArcher costs £5.99 but it's a more professional app which additionally maintains your personal bests and sight settings (very useful) and even lets you add guest archers in to score with you....

For Android the top choice is Archery ScorePad, which includes basic scoring plus sight marks and custom rounds for all bow styles. It's available from the Google Play Store.



You are free to do your scoring on SmartPhone apps, but be aware that for Archery GB competitions you will always have to complete a proper hand written scorecard. Many archers will use both during a competition especially as the apps help with the Maths! But at Compton Archery we'll happily take an email containing the score from one of these apps (a screenshot perhaps) for you to claim badges etc





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### Hall of Fame



Well done to the following archers who have achieved some great results over the last month. Don't forget that we are now issuing certificates for club records so make sure you check your scores! In particular barebow, junior and female archer sections are still pretty unfilled, so plenty of scope for bagging a club record! See the table at the end of the newsletter for current scores.

	Uwe Anton	30 yard 252 Badge
	John Lockley	30 yard 252 Badge

	Jason Banham	40 yard 252 Badge
	John Salway	Short National Club Record (536)
	Uwe Anton	Junior Short National Club Record (535)
	Rick Stephens	Long National Club Record (484)

## Friday Evening Archery



With sunset now at around 20:00 we don't have enough time to shoot outdoors on Friday evenings so we'll be moving permanently indoors. Indoor sessions can't normally start until 19:00 due to other hall bookings, although if you're there by 18:45 we can maximise the time available. We'll need archers to help setup and pack away (back net and targets only, no side ropes required) to make the most of the time but it's usually plenty of time to fit in a full Portsmouth or WA18 round with a few practice ends beforehand. In previous sessions we've even managed to squeeze in a bit of head-2-head match play afterwards for a bit of fun 😊 Feel free to put up your own target face, normally a 60cm, 40cm or tri-spot 40cm. 2 archers per target.

Due to limited shooting time on Fridays they are limited to own equipment only and normally not suitable for younger archers simply due to the late finish....which is pretty much when everyone has had enough!

There is no need to pre-book Friday evening sessions, just turn up and pay (£5) at the door, however if you could drop us an email to let us know you are coming it will help us plan the session better. Thanks! It's a more focussed session but comes with equal amounts of banter and there's usually a few people dipping into the Compton Swan for a cheeky pint afterwards 😊

## 252 Awards Scheme and Badges



There is still time to get your 252 badges before we retreat indoors completely! The 252 award scheme, which is a nationally recognised archery award scheme, continues to be an excellent way for archers to progress with their archery. This scheme is open to everyone regardless of age and bow type (sighted or not). As a reminder, to claim a 252 badge (£1) you need to score at least 252 from 3 dozen arrows, shot into a 122cm face, using Imperial 5-zone scoring. This essentially means averaging 7s (red zone).....*and you need to do it TWICE*. Note! If shooting bare bow (i.e. not using a sight) you only need to score 189 to gain the badge! Hand in your completed score sheets to Rick, Leon, Natalie or Stuart Andrews to claim your badges, or email screenshots from your smartphone archery app to [Compton.archery@gmail.com](mailto:Compton.archery@gmail.com)!

## Indoor Rounds

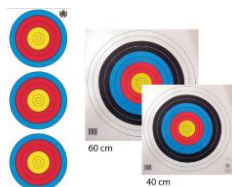


During the summer and outdoors we've been concentrating on longer National rounds and 252 badges but as the summer ends and we start shooting more indoors we'll switch to shooting Portsmouth and WA18 rounds for Adults and the Compton 16:60 round for juniors.

Portsmouth and WA18 are both standard indoor archery rounds commonly seen at worldwide archery competitions. A Portsmouth is 5 dozen arrows shot into a 60cm face, normally in 3-arrow ends (although we often do 6 at Compton) using Metric 10 zone scoring. Maximum score is 600. A WA18 is also 5 dozen arrows but shot into a 40cm face and always in 3-arrow ends. A WA18 will normally be reserved for experienced archers only.

The Compton 16:60 round for juniors is 5 dozen arrows shot into an 80cm face at 16 yards. It's slightly less daunting than a Portsmouth Round which can be challenging for younger archers.

For adult archers wanting an exceptional challenge, the WA18 round can also be shot into a tri-spot target face, which is still 40cm but only includes up to the 6 ring and requires a single arrow into each target each end. If you ever want to try one of these 40cm or tri-spot target faces rather than the normal Portsmouth 60cm just ask Rick or Leon on the day and we'll put one up for you!



Badges are available for Portsmouth and 16:60 scores from 300 up to the maximum of 600 in 25 point increments. See Rick to claim your appropriate badge (£1).

Make sure you email completed score sheets to [Compton.archery@gmail.com](mailto:Compton.archery@gmail.com) so that we can keep our own records up to date too!

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## YouTube!

The Internet is obviously a great source of archery information. You can find everything from tutorials to kit reviews and even full length videos of worldwide competitions. Here are some of our favourite channels:

- **Archery GB** – Various videos including some excellent official instructor videos.
- **NuSensei** – An independent youtuber who has made a great deal of content to try and improve archery. His videos are well made and concise (the chap is actually a school teacher). The 'Live' videos are less useful but there are still lots to get from this channel....if you watch very hard you will actually see a few references to Compton archers too ;)
- **Archery 101** – Another independent youtuber who concentrates more on instinctive archery but some good content there
- **Archery Videos** – Simple name, simple channel. Not that many videos but what's there is excellent and made by Olympic champion archers.
- **World Archery** – This is where you'll find all the Live and Recorded competitions. Coverage is good and there is always a lot of content. They will often broadcast events Live and then keep the recordings on their channel for later viewings too.

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## Buying Kit

Buying archery kit can be a minefield, especially when starting out. Rick has written an excellent guide to buying new kit and covers all aspects including buying second hand from the likes of Ebay which can be extremely useful if you understand what to look for. If you'd like a copy or just some general advice please email [Compton.archery@gmail.com](mailto:Compton.archery@gmail.com)

It's also worth letting Rick or Leon know if you're in the market for something specific, e.g. new limbs or arrows etc and they'll keep an eye out for you.

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A number of archers have spare kit for sale as a result of upgrades etc. Before you buy something new it's always worth having a word with Rick or Leon about potential 2<sup>nd</sup> hand kit available.

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## Bow Setup & Tuning: In-depth Part 1 – Selecting the correct arrows.

In last month's newsletter we talked about the somewhat dark art of 'bow tuning'. This month we'll concentrate on a particular part of that, probably the most important part – selecting the correct arrows. There are all sorts of guides on the Internet for this, including YouTube but let's cover the main parts here.

Arrows bend in flight.....much more than you might think.



When the archer releases the string, it applies a great force on the back of the stationary arrow. As the string snaps back to its resting position, it transfers kinetic energy to the shaft via the nocking point. The arrow can't react to all this energy instantly, and different parts gain momentum at different speeds. In essence, the back of the arrow, which is the first to receive energy from the string, moves faster than the front. Unable to leave the bow immediately, the arrow starts to absorb some of that energy by bending, before it gets on its way to the target. In an arrow shot from a recurve bow, the bend is to the left and right because the string has to get around the archer's fingers on its way back to its resting position. This adds a horizontal element to the shot, and is why recurve archers need to use a pressure button to make sure

the arrow passes the riser and leaves travelling straight. All this is often referred to as 'The Archers Paradox'. (Photo credit to Alastair Leiper of Wallingford Castle Archers).

It is vital that this flex is correct - not too much, not too little, but the Goldilocks 'just right' amount. This is determined by the stiffness of the arrow, known as its **SPINE**. Too weak or too strong a spine will result in inconsistent groups and a bow that ultimately will be impossible to tune properly.

To help you select the correct spine of arrow for your setup, there are arrow spine tables provided by manufacturers. The Easton spine selection charts are probably the best known and most common. You'll find these freely available on the Internet.

To use these tables first find the poundage of your bow. Note that this is the poundage you are pulling on your fingers and not just the poundage of your limbs! The poundage of limbs is normally measured at a draw length of 28" and your draw length maybe less than or greater than that. As a guide, each 1" of draw length is worth 2lb of weight. So a 29" draw length is pulling 32lbs on limbs marked as 30lbs. Compton Archery has some draw length measures and some electronic poundage scales to help you get this bit right. Just ask!

Once you have your poundage sorted, find that on the right hand side of Table 1. Then cross reference this with the length of the arrows you will be using. Again, this will depend on your own setup. You might be using standard length uncut arrows, in which case you should look up this length (e.g. Easton Jazz arrows often come in at 30") but if you've cut down your arrows to match your draw length you should use that length instead. Just remember that it's the length of your arrows and not your draw length for this figure.

The combination of these two; poundage and arrow length will give you an arrow spine group. In theory any arrow from this group will work well in your bow.

Take that spine group and look it up in Table 2. This lists all the types of arrow in that group, the various materials and sizes and displays the spine you should be using. In the below example, we have an archer pulling 34lbs and using 27" arrows, which equates to a T3 spine group. In the T3 spine group we have, for example, Easton ACC Aluminium Carbon Composite Arrows with a SL-04 spine or Easton X75 Aluminium arrows with an 1816 spine. Either would be perfect options for that setup. You can then look to purchase these arrows from your preferred supplier making sure you get the right spine and length (27" and SL-04 or 1816 in this example). Also remember that arrow length is measured from the inner groove of the nock to the end of the shaft, not the point!

There are a few other factors that affect arrow spine like point weight but follow the general guidelines above and you'll be pretty much there. Like many things in archery, it's always best to try something out before you commit so feel free to email [Compton.archery@gmail.com](mailto:Compton.archery@gmail.com) if you'd like to try a few different sets of arrows before buying – we'll have most options to hand!

# Table 1

## CORRECT ARROW LENGTH FOR TARGET/FIELD/3D

COMPOUND BOW - RELEASE AID CALCULATED PEAK BOW WEIGHT - LBS.

ATA Bow Rating up to 27.5 FPS	ATA Bow Rating 27.5-30.0 FPS	ATA Bow Rating 30.1-34.0 FPS	23"	24"	25"	26"	27"	28"	29"	30"	31"	32"	REQUIRED BOW WEIGHT - LBS FINGER RELEASE
29-35 lbs. (13.2-15.9 kg)			00	01	02	03	T1	T2	T3				25-27 lbs. (9.5-12.2 kg)
35-40 lbs. (15.9-18.1 kg)	29-35 lbs. (13.2-15.9 kg)		01	02	03	T1	T2	T3	T4	T5			27-32 lbs. (12.2-14.5 kg)
40-45 lbs. (18.1-20.4 kg)	35-40 lbs. (15.9-18.1 kg)	29-35 lbs. (13.2-15.9 kg)	02	03	T1	T2	T3	T4	T5	T6	T7		32-36 lbs. (14.5-16.3 kg)
45-50 lbs. (20.4-22.7 kg)	40-45 lbs. (18.1-20.4 kg)	35-40 lbs. (15.9-18.1 kg)	03	T1	T2	T3	T4	T5	T6	T7	T8	T9	36-40 lbs. (16.3-18.1 kg)
50-55 lbs. (22.7-24.9 kg)	45-50 lbs. (20.4-22.7 kg)	40-45 lbs. (18.1-20.4 kg)	T1	T2	T3	T4	T5	T6	T7	T8	T9	T10	40-44 lbs. (18.1-20.0 kg)
55-60 lbs. (24.9-27.2 kg)	50-55 lbs. (22.7-24.9 kg)	45-50 lbs. (20.4-22.7 kg)	T2	T3	T4	T5	T6	T7	T8	T9	T10	T11	44-48 lbs. (20.0-21.8 kg)
60-65 lbs. (27.2-29.5 kg)	55-60 lbs. (24.9-27.2 kg)	50-55 lbs. (22.7-24.9 kg)	T3	T4	T5	T6	T7	T8	T9	T10	T11	T12	48-52 lbs. (21.8-23.6 kg)
65-70 lbs. (29.5-31.8 kg)	60-65 lbs. (27.2-29.5 kg)	55-60 lbs. (24.9-27.2 kg)	T4	T5	T6	T7	T8	T9	T10	T11	T12	T13	52-57 lbs. (23.6-25.9 kg)
70-76 lbs. (31.8-34.5 kg)	65-70 lbs. (29.5-31.8 kg)	60-65 lbs. (27.2-29.5 kg)	T5	T6	T7	T8	T9	T10	T11	T12	T13	T14	58-62 lbs. (26.3-28.1 kg)
76-82 lbs. (34.5-37.2 kg)	70-76 lbs. (31.8-34.5 kg)	65-70 lbs. (29.5-31.8 kg)	T6	T7	T8	T9	T10	T11	T12	T13	T14		63-67 lbs. (28.6-30.4 kg)
82-88 lbs. (37.2-39.9 kg)	76-82 lbs. (34.5-37.2 kg)	70-76 lbs. (31.8-34.5 kg)	T7	T8	T9	T10	T11	T12	T13	T14			68-73 lbs. (30.8-33.1 kg)

No X10, ProTour, or ACE suitable in shaded areas above. Note: If your arrow shaft is over 1/2" inch more than the closest inch column shown on chart, round up to the next inch column. Example: if your arrow length is 29 1/2", use the 29" column.

# Table 2

ATA Compound Bow Rating 341-350 FPS				Shift one selection box stiffer Examples shift from box T8 to T9.				ATA Compound Bow Rating 351 FPS or Higher				Shift two selection boxes stiffer Examples shift from box T8 - T10.			
SIZE	SPINE	MODEL	WEIGHT GRS/INCH	SIZE	SPINE	MODEL	WEIGHT GRS/INCH	SIZE	SPINE	MODEL	WEIGHT GRS/INCH	SIZE	SPINE	MODEL	WEIGHT GRS/INCH
GROUP 00				GROUP 01				GROUP 02				GROUP 03			
1214	2.50L	75	5.9	2400	1.500	AC/C	4.7	1250	1.250	AC/C	5.1	1010	1.100	AC/C	5.1
1413	2.086	75	5.9	1500	1.500	AC/C	4.7	1300	1.300	AC/C	5.1	1150	1.150	AC/C	5.5
				1405	1.884	75	7.1	3400	1.300	AC/C	5.1	940	1.150	AC/C	5.5
				1516	1400	75	7.3	1594	1.379	X7	6.8	1200	1.200	Apollo	5.5
												1394	1.153	X7	7.7
GROUP T1				GROUP T2				GROUP T3				GROUP T4			
*320-1000R	0.92H-1.000	AC/C	5.8	*780-850R	0.78H-0.950	AC/C	6.0	*2067-800	0.72H-0.781	AC/C	6.4	*520-200R	0.67H-0.720	AC/C	5.9
*900-1000R	0.90H-1.000	X10	5.8	*750-800R	0.75H-0.800	X10	6.4	*700-750R	0.70H-0.750	X10	6.7	*650-200R	0.65H-0.700	X10	6.8
*880-1000R	0.88H-1.000	AC/C	5.9	770	0.770	ProTour	6.0	720	0.720	ProTour	6.2	600	0.600	ProTour	6.5
2-94	1.020	AC/C	6.1	*810-880R	0.81H-0.880	AC/C	6.1	*700-800R	0.70H-0.800	AC/C	6.5	*860-700R	0.86H-0.710	AC/C	6.9
2-94	0.920	AC/C	6.5	2-94	0.920	AC/C	6.5	34-94	0.830	AC/C	6.7	34-94	0.750	AC/C	7.0
910	0.910	CarbL	5.3	810	0.810	CarbL	5.8	34-94	0.750	AC/C	7.0	914	0.880	AC/C	7.2
1070	1.070	Apollo	5.9	850	0.950	Apollo	6.2	780	0.780	CarbL	6.0	660	0.660	CarbL	6.6
1173	1.044	75	7.4	1174	0.985	X7	8.1	840	0.840	Apollo	6.5	740	0.740	Apollo	7.2
1174	0.915	X7	8.1	1176	0.880	75	9.0	1813	0.674	75	7.9	1913	0.733	75	8.3
1189	1.079	75	8.4					1814	0.700	X7	8.5	1914	0.858	X7	9.3
								1815	0.756	75	9.3				
GROUP T5				GROUP T6				GROUP T7				GROUP T8			
*620-470R	0.62H-0.670	AC/C	6.1	*570-420R	0.57H-0.620	AC/C	6.3	*520-270R	0.52H-0.570	AC/C	6.7	*470-200R	0.47H-0.520	AC/C	6.9
*600-650R	0.60H-0.650	X10	7.0	*550-400R	0.55H-0.600	X10	7.5	*500-450R	0.50H-0.550	X10	7.8	*450-500R	0.45H-0.500	X10	8.1
620	0.620	6-7.5	6.7	570	0.570	6-7.5	6.6	520	0.520	6-7.5	7.9	470	0.470	6-7.5	7.9



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## Warming up



Like any sport, warming up your muscles beforehand is absolutely key to your performance and prevention of injury. Here are a few good warm ups to do before you start shooting.



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## Club Kit

Don't forget that club shirts can be purchased for adults and juniors with your choice of name on the back. These are locally produced professional sports shirts including Compton Archery logos and ideal for archery. See Rick for details and prices.



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## Important Dates



Upcoming Friday shooting dates are: Friday 14<sup>th</sup> September, Friday 28<sup>th</sup> September, and Friday 12<sup>th</sup> October

Upcoming Saturday shooting dates are: Saturday 8<sup>th</sup> September, Saturday 22<sup>nd</sup> September, and Saturday 6<sup>th</sup> October

We'll try to keep the Friday and Saturday shooting schedule fixed moving forward so that people can plan their archery sessions.

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## Halloween Special!



As has become traditional, we'll be having a Halloween special on Saturday 26<sup>th</sup> October. Indoors or Outdoors depending on the weather. We'll have some scary targets to shoot at, some fun games to play and plenty of prizes to win 😊 We hope you'll come along and join in the fun.

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**The End.**



That's it for this month's Newsletter! We hope you've found it useful and informative. We'll try to keep them coming every month with more information and tips. In the meantime, as ever, email [Compton.archery@gmail.com](mailto:Compton.archery@gmail.com) with any questions no matter how ridiculous you might think they are and keep sending in those score sheets for 252 and National rounds and start claiming those club records!

We look forward to seeing you on the shooting line.

**Rick and the Compton Archery team.**

## Current Club Records

### Compton Archery Club Records



Round Type	Met/Imp	Age Group	Sex	Bow Type	Date	Score	Max	Archer	Home/Away	Location	Notes
Portsmouth	Metric	Adult	Male	Freestyle	26th Jan 2018	553	600	Rick Stephens	Home	Compton Archery	5d @ 18m in 60cm face
Portsmouth	Metric	Adult	Female	Freestyle	26th Jan 2018	519	600	Alice Banham	Home	Compton Archery	5d @ 18m in 60cm face
Long National	Imperial	Adult	Male	Freestyle	2nd Sept 2018	484	648	Rick Stephens	Home	Compton Archery	4d @ 80y, 2d @ 60y in 122cm face
National	Imperial	Adult	Male	Freestyle	8th June 2018	530	648	Leon Smith	Home	Compton Archery	4d @ 60y, 2d @ 50y in 122cm face
WA70	Metric	Adult	Male	Freestyle	31st July 2018	418	720	Leon Smith	Home	Compton Archery	6d @ 70m in 122cm face
Short National	Imperial	Adult	Female	Freestyle	14th July 2018	484	648	Alice Banham	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Short National	Imperial	Adult	Female	Barebow	14th July 2018	339	648	Natalie Allen	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Short National	Imperial	Adult	Male	Freestyle	11th Aug 2018	532	648	John Salway	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Junior National	Imperial	Adult	Male	Freestyle	14th July 2018	518	648	Jason Allum	Home	Compton Archery	4d @ 40y, 2d @ 30y in 122cm face
Short Junior National	Imperial	Adult	Female	Barebow	14th July 2018	452	648	Jenny Chapman	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Imperial	Under 15	Male	Barebow	14th July 2018	476	648	William Croanne	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Imperial	Adult	Male	Barebow	14th July 2018	441	648	Phil Howath	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Imperial	Adult	Male	Freestyle	3rd August 2018	535	648	Uwe Anton	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face

## National Rounds

### 1.1 Imperial Outdoor Rounds

All imperial outdoor rounds are measured in yards, and use a 122cm diagram face (they fill an entire boss) at all distances. The following table lists all the recognised imperial outdoor rounds. It shows the number of dozen at each distance. For example a Western round is 4 dozen at 60yds and 4 dozen at 50yds both distances shot at a 122cm face. The Gents and Ladies columns shows the age at which the round is usually shot.

ROUND	100y	80y	60y	50y	40y	30y	20y	10y	Total	Gents	Ladies
NEW NATIONAL	4	2							6	Adult	Adult
LONG NATIONAL		4	2						6	Adult	Adult
NATIONAL			4	2					6	Adult	Adult
SHORT NATIONAL				4	2				6	U16	U18
JUNIOR NATIONAL					4	2			6	U14	U16
SHORT JUNIOR NATIONAL						4	2		6	U12	U14