

Special Interest  
Articles:

- ❖ GNAS Coaching Course
- ❖ Tournaments
- ❖ The Bow that Killed Harold

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## A NOTE FROM THE CHAIRMAN

A belated Happy New Year to you all! It seems ages ago that we enjoyed the Christmas Dinner at the New Inn, Wendron. What a great night that was! Then the snow 'interrupted play' as they say and now I can't believe it's March already and we're beginning to think about shooting outside. Mind you, that may be warmer than it's been in the hall recently, though they say the heaters have been mended. However, having spoken to members of other clubs recently, we are lucky to have such great facilities enabling us to shoot so many times a week throughout the year.

Freezing temperatures caused problems with the water pipes in the pavilion, but our gallant field crew (Hugh, Nigel, Keith and Tony) have been working almost every week to ensure the field is ready for use and as lovely as ever this year. It's easy to take this work for granted or even not to realise that it goes on, though it's something we should all be aware of. Thank you from us all.

Someone else who deserves a big thank you is Sue, who works quietly behind the scenes updating our excellent website, running the Frostbite and helping to coach beginners.

We all send best wishes to Tony for his recovery and look



forward to seeing him shooting very soon. Welcome back to Bob, who has had a catalogue of mishaps which have prevented him from shooting. Our thoughts are also with Maureen who is still waiting for treatment for her back, and we look forward to seeing Jon Vinnell back again soon.

Sadly Layla has had to resign from the committee due to other commitments and so we welcome Peter Jennings, who has been co-opted in her place. For those of you who don't know him, Peter shoots regularly on a Wednesday afternoon.

Another belated greeting ... a warm welcome to all our new members. It can be daunting at first to come to a shooting session with experienced archers, but please remember you are not alone and don't be afraid to ask anyone for help. All of us still have misses and bad arrows and never stop learning. Practice is the key.

Some of you have been asking why we pay fees to the GWAS and what they do for us with our money. Following the discovery that they have over £80,000 in the bank, our diligent and outraged Treasurer has written to them

## MORE TREES AT GARRAS –



On 5<sup>th</sup> December 2009 Hugh planted six trees at the Club's ground. The trees were given away free under the BBC's Breathing Places scheme and the aim was to try and break a world record for the number of trees planted in one day. The BBC website estimates that over 500,000 trees were planted, with inestimable benefit to wildlife and the environment.  
Take a bough, Hugh!

## THE CLUB'S CHRISTMAS DINNER

It was a crisp evening when we arrived at the New Inn, Wendron for this year's Christmas dinner. There was a warm atmosphere as we entered the bar, where we had time for a drink, and were handed a quiz sheet of anagrams which had been prepared by Keith and Jackie, just to test our little grey cells.

Entering the dining-room, the festive decorations were excellent, the tables were festooned with streamers, crackers, whistles and party poppers. There was an

unofficial competition as to who could get their party popper streamers the furthest. The food was plentiful and the service

excellent, our thanks go to all the staff



Many thanks to Carol for organising such a lovely evening.

*Nigel*

## CONGRATULATIONS

I am sure that I speak for everyone in the Club when I offer congratulations to Carol and Diane on achieving their Level 1 Coaching award. I know that having to travel so far was very tiring but the qualifications will benefit Club members both now and in the future.

*Tockie*

## ACHIEVEMENTS TO DATE



<b>ACHIEVEMENT BADGES:</b>		Ladies Compound: <b>Nicole, 1<sup>st</sup></b>
<b>David Cousins</b>	525	Gents Barebow: <b>David Cousins, 1<sup>st</sup></b>
<b>Peter Jennings</b>	500	Ladies Longbow: <b>Nicole, 3<sup>rd</sup></b>
<b>OUTDOOR HANDICAP IMPROVEMENT MEDALS FOR 2009:</b>		Gents Compound: <b>Mark Worrall, 3<sup>rd</sup></b>
<b>Senior: David Cousins,</b> who reduced his handicap from 68 to 53		Gents Longbow: <b>Phil Guffogg, 3<sup>rd</sup></b>
<b>Junior: Nicole Challacombe,</b> who reduced her handicap from 35 to 28		
<b>RESULTS EXTERNAL:</b>		
<b>22/11/09 St Austell Bay Archers Double Portsmouth:</b>		
Ladies Recurve: <b>Sue Day, 3<sup>rd</sup></b>		
Ladies Compound: <b>Nicole, 1<sup>st</sup></b>		
Ladies Longbow: <b>Nicole, 2<sup>nd</sup></b>		
<b>7/02/10 Brixham Clipper:</b>		
Ladies Recurve: <b>Sue Day, 2<sup>nd</sup></b>		
<b>28/02/10 DCAS Indoor Championships:</b>		
Ladies Recurve: <b>Sue Day, 1<sup>st</sup></b>		
Junior Ladies Under 18 Longbow: <b>Nicole Challacombe, 1<sup>st</sup></b>		
<b>7/03/10 Archers of the West Portsmouth:</b>		
Ladies Recurve: <b>Sue Day, 1<sup>st</sup></b>		
		<b>LEAGUE RESULTS:</b>
		<b>1. DCAS Frostbite:</b>
		<b>Seniors Division 2:</b>
November	Won	2 <sup>nd</sup>
December	Lost	3 <sup>rd</sup>
January	Lost	3 <sup>rd</sup>
		<b>Juniors Division 1:</b>
November	Won	2 <sup>nd</sup>
December	Lost	3 <sup>rd</sup>
January	Won	3 <sup>rd</sup>
		November's highest scoring lady recurve was <b>Sue Day</b> with 313. Highest scoring junior boy was <b>Treve Stock</b> with 223. December's highest scoring lady compound was <b>Nicole</b> with 306.
		<b>2. Indoor Winter Postal League:</b>
		<b>Recurve Division 2:</b>
November	Lost	6 <sup>th</sup>
December	Lost	6 <sup>th</sup>
January	Lost	5 <sup>th</sup>



*Reece's Robin Hood at the February Frostbite*

*Reece's arrow entirely disappeared inside Alex's large and very expensive one.*

## MORE CONGRATULATIONS



Three cheers for all the Club members who have shot so well, especially **Sue**, the 2010 **County Champion**, and **Nicole**, who seems able to win with any type of bow. She also came 21<sup>st</sup> overall in the 2009 GNAS JAWS scheme.

## GNAS LEVEL 1 COACHING COURSE

So many applications had been received for the course that acceptance was by lottery. Carol and I were lucky. The course was run over 4 winter weekends from October to February, which meant a very early start for the drive to Exeter - or rather the Scout Hut at Pinhoe. We would never have found this without Carol's SatNav, a calm voice known as Jane ("I could have had Mickey Mouse or an Australian," said Carol.) Jane guided us through Exeter's mazy streets - "Go left at the roundabout, third exit". Occasionally we went the wrong way. "Turn round at the earliest opportunity," Jane would say politely. I could imagine the Australian: "Aw, come on, Sheila! Chuck a Uie!"

There were twelve candidates in all. Tracey from Mounts Bay and Chris from Dunheved Archers were the only others from Cornwall; the rest were from Devon clubs. The first weekend was, frankly, dull and not well organised. We were talked through a lot of stuff which was in the course notes

we'd been given, and which would have been much easier to read than listen to. The best bit of the weekend was supper at Café Rouge, and breakfast at the Telstar Hotel which we heartily recommend.

Subsequent sessions were more interesting. We brought club bows and our own equipment and practised instructing each other as if we were beginners. It was hard not to do anything till we'd been shown how to do it. We went to a shoot at Exeter Archers and watched their beginners, making notes on where they could improve. I felt sorry for them with all of us scribbling criticisms.

We got to know the others in the group and shared ideas and other clubs' practice, which was useful. We were given homework: plans for a Taster Session and a 6-week beginners' course; write down 10 common archery mistakes and how to correct them; prepare an introductory talk for beginners, etc. All stuff we knew, but had we remembered to include everything?

In December Carol and I attended the compulsory



The Scout hut had a charming dovecot full of doves.



## COACHING COURSE -- CONTINUED

Real live beginners had been recruited; we took it in turns to greet them, check their eye dominance, measure them for arrows and bows, and hand them over to the candidates being assessed at that moment. You had to coach both an adult and a junior but there weren't enough to go round, so other candidates were volunteered to be 'beginners'. Nigel, the Chairman of Exeter Archers, was my adult. "Hi! My name's Albert!" he said, which made me laugh and I felt much better. By the end of the assessment I was able to

assure Albert that with practice he would have the makings of a good archer.

Anyway, in the end we all passed. The course is well worth doing: it gives you confidence that you are teaching beginners correctly, and of course it benefits the club. If you are interested, contact Philip Spavins on [dcas.cco@homecall.co.uk](mailto:dcas.cco@homecall.co.uk)

Thank you to our coaches, Richard, Malcolm and Phill, who taught us a lot and were very patient. And special thanks from me to Carol, who did all the driving without complaint, and who must have been exhausted after those early starts and tiring weekends. Here's to another supper at Café Rouge one day.

*Diane*



### Dates for your Diary

Easter Day, Sunday April 4<sup>th</sup>: Easter Fun Shoot.  
Chocolates to be won!

Sunday April 11<sup>th</sup>: Indoor End of Season Tournament.  
This is run on handicaps, so everyone, beginner or experienced archer, has a chance of winning a medal. Don't miss it!

Sunday April 11<sup>th</sup> : Dinner at the Gweek Inn, 7.30 pm. By now you should have received your invitation -- book early to avoid disappointment!

Sunday April 18<sup>th</sup>: A chance for those who haven't yet shot outdoors to go to the field and get sight marks before the

## TOURNAMENTS -- by Sue Day

For new members, or those who haven't really noticed, there are several tournaments in the Devon and Cornwall area (or further afield if you are really adventurous). Entry forms can be found in a green folder at the Club. Going to tournaments is a good way of meeting people and learning about technique or equipment from other archers, and we would like to encourage as many people as possible to attend. Common concerns that put people off are:

### 1. I'm not good enough.

Not true! You will find archers ranging from complete novices to Master Bowmen and you will be pleasantly surprised how friendly everyone is, particularly if they know you are new to tournaments, so don't worry that you will feel out of place. Some tournaments give classification and novice awards so you might even win something.

### 2. It's very formal and I don't know the rules.

The rules at most tournaments are very similar to day-to-day shooting at the Club (whistle-blowing, score-keeping etc.) so that shouldn't put you off, and you'll be surprised how relaxed the atmosphere can be. There are some tournaments (e.g. FITA) where the rules are stricter, such as timed shooting, but again experienced archers will help the newer ones. You could also ask members of our Club who will be more than happy to explain.

### 3. What shall I wear?

This is where the rules are stricter than at the Club. You can wear a Club shirt (see Diane if you want to buy one) with black trousers, or you can wear all dark green, all white, or a combination of dark green and white (e.g. white shirt and green trousers).

Our **Open Tournament**, to be held on Sunday 6<sup>th</sup> June, is a good place to start. The field will be familiar, you'll know lots of people, and while you're still a novice archer you're eligible for shooting the shorter distances. It's really good fun, and you should see how great the field looks, all dressed up for this great event. Speak to Carol, the Tournament Organiser, and fill in the entry form in the green folder.



## Thank You ....



to Adrian, who has invented and made a marvellous thing which can only be described as an undercarriage. All the equipment in the tunnel fits on to it and it has wheels, so it can easily be pulled in and out. No more struggling on hands and knees or asking a hapless junior to fetch whatever it is that's wanted. Brilliant.

## THE BOW THAT KILLED HAROLD

Everyone knows that King Harold got an arrow in the eye at the Battle of Hastings. What few have paused to wonder, however, is what kind of a bow was used to propel the fatal missile.

Part of this is because bows and arrows from 11<sup>th</sup>-century England have not survived. Recent discoveries in Ireland have, however, shown for the first time the form and dimensions of the bow and arrow used by the Normans for almost two centuries following their invasion of England.

Although neither England nor Normandy has yielded such weaponry, excavation of waterlogged deposits in Dublin and Waterford has revealed bows and parts of bows, arrows, arrow fragments and an array of arrowheads. These date from the period after the Anglo-Norman invasion of Ireland, a century after Hastings, when the deposed Irish king of Leinster, Dermot MacMurrough, was allowed by Henry II to recruit allies in the Severn region.

In 1166 MacMurrough came to Bristol and eventually gained the help of Richard Fitzgilbert de Clare, known as Strongbow. In 1169 an advance party took Wexford. The following year Strongbow himself landed at Waterford and within a month had taken Dublin, establishing an English ascendancy that lasted for centuries. Among his troops were Welsh archers, notable for their skill and described by the chronicler Gerald of Wales as both

'sagittarii', those who use arrows, but also 'arcarii', those who use bows. Whether there was any difference we don't know, but it is argued that they would have been using the Norman short bow, pictured on the Bayeux Tapestry and also on a *Martyrdom of St Edmund* of about AD1125. The detail in the martyrdom picture is particularly interesting. The right-handed archers are seen with the elbow of the drawing arm in the low position, the string hand anchored just to the left of the breastbone. This is the classic position for drawing the short bow with its short arrow. Such short bows were about 4ft long and their arrows about 2ft, on the evidence of preserved weapons from Waterford, where one complete yew bowstave and fragments of others have been found, dating from mid-12<sup>th</sup> to mid-13<sup>th</sup> centuries, spanning the period of Strongbow's invasion. The draw weight, based on the material and the dimensions, can have been no higher than 45-50 lb. The bow would have been effective in the chase and for military use at close and intermediate range against the lightly-armed infantry of the time. When strung, the bow would have been recognizably of the type depicted in the Bayeux Tapestry. This 'short' bow and arrow contrasted with the longer Viking bows and the later English longbow, and although supplanted for military use it remained as a hunting weapon until the 18<sup>th</sup> century.

*abridged from article in The Times, 24/02/10*



## AN ARCHERY BALLAD

*Young men never listen to their mothers, do they. Stirring stuff, though. If we only knew the tune we could sing it at the Easter Get-Together over our tankards.*

JOCK O' BRAIDESLEE

Jock rose up on a May morning,  
And called for water tae wash  
his hands;

'Gae loose tae me my twa grey  
hounds That lie in iron bands.

Then doon and come his auld  
mother Her face was pale and  
wan, 'Jocky, for my  
benison Tae  
the greenwood dinna gang.

'Ye hae enough o' the guid white  
bread And enough o' the bluid-  
red wine, So, Jocky, for  
your venison Tae the  
greenwood dinna gang.'

He's ta'en doon his guid bent  
bow And his arrows one by  
one, And he's  
awa' tae the greenwood gane Tae  
ding the dun deer doon.

They ate sae much o' the venison  
And they drank sae much o' the  
blood That Jocky and his twa  
grey hounds They slept as they  
were deid.

And by there came a silly poor  
man And an ill death mav he

'As I came in by Moneymusk,  
And doon amang yon scroggs,  
It's there I saw the bonniest  
youth  
A-sleeping atween twa dogs.'

Then up and spake the first  
forester,  
He was leader o' them a';  
He says 'If that be Jock o'  
Braideslee  
It's ontae him we'll draw.'

And the very first shot that the  
foresters shot  
It hit Jocky in the knee,  
And the very next shot that the  
foresters shot  
His heart's blood blint his ee.

He's leant his back against a  
tree  
And his foot upon a stane,  
And he's shot at the King's  
foresters And he's killed them  
a' but ane.

And he's broken four o' that  
yin's ribs  
And his arm and his collarbane,  
And he's set him on his auld  
grey horse  
The tidings tae carry hame.

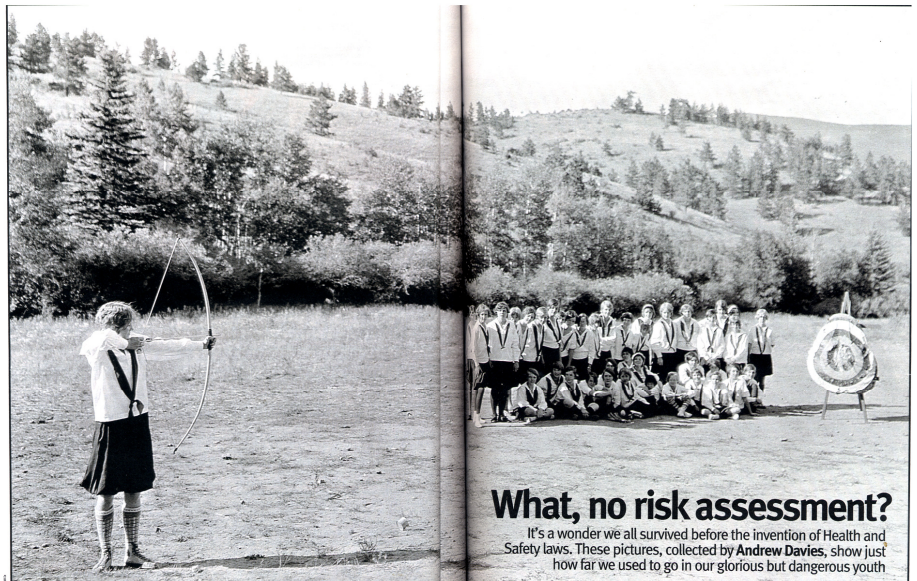
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AND FINALLY ....

*Many thanks to  
Margaret Hopkins  
who contributed this  
photograph from SAGA  
magazine. Don't you  
love the Target?*



**What, no risk assessment?**

It's a wonder we all survived before the invention of Health and Safety laws. These pictures, collected by Andrew Davies, show just how far we used to go in our glorious but dangerous youth