



Artwork by Heather Dean

Take Your Bow

Newsletter of Cromer Archers

Number 1: May 2021

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It's good news week

The first club shoot was held on 25th April. We only managed ninety minutes as most people seemed to run out of muscle power after such a long layoff. It was great to hear the twang of the bow and the thump of the arrow again. We look forward to seeing you all at the field again soon.

Message from the editor

This edition of the newsletter is short because it is the first and you have not had time to send me your news. Nor have I had time to take any pictures. The title came out of my love of puns but if you can think of a better one, let me know. The newsletter can be as large, or as small, as it needs to be. Send your material as email attachments in Word (.doc) or text (.txt) and pictures in .jpeg or .bmp format. As it says on the header page you will retain copyright. Peter

Our thanks to Keith

I know everyone will want to thank Keith for his stewardship of the club. It is in an excellent state both financially and in terms of facilities and equipment. I know he would have carried on as Secretary had he not been unwell and I also know he will continue to give his knowledge and skills to the club. And once his sore finger joint is better he will be joining us on the shooting line.

Welcome to Jon

Jon Gibbs is taking over Keith's job with our thanks. We are presently working out who will do all the various tasks and will announce that in the next newsletter. If you would like to offer a skill please let us know. jon.gibbs65@yahoo.co.uk

Me

peter@peterscott.website

I was a member of Cromer Archers until 2002. Previously I shot compound, but have now moved to recurve. My formal role in Cromer Archers is 'Dogsbody'. Keith suggested I translate that into German to make it sound better. My phone app came up with 'mädchen für alles'. That sounded odd. Mädchen? Alles? So wisely I translated it back into English using the same app and got 'girl for everything'. Phew! Glad I spotted that. I also edit this newsletter and the website

Covid safety on the field

With luck the worst of covid is now past. Most of us have had one jab and many have had two. North Norfolk remains very low. <https://coronavirus.data.gov.uk/> What will happen when holiday visitors come we won't know yet. Most of the experts are optimistic and the evidence appears strong and promising. Rest assured that we will keep an eye on the most reliable scientific and medical advice and always act in everyone's best interest. For now Keith asks you to wear a mask on the field unless shooting and not to share equipment or remove others' arrows for them. We are placing the targets a bit further apart than usual to allow more room, so please maintain a reasonable distance, shooting in turn if need be. Soon none of this should be necessary.

Archery GB news

I have been unable to buy a new Rules of Shooting and am relying on my ancient copy. Does anyone know why these are out of stock everywhere, or better still have a spare recent copy that I can buy?

Wednesday shooting sessions

Keith had to abandon Wednesday shoots as not enough people turned up to cover the cost. Some of us would like to try again, so if you too would like an extra shooting session please email Jon or me. The session used to run from 18:00 to dusk. We only want people to say yes who are definitely intending to come to most sessions.

August

The school has confirmed that the field will be used by the caravanners for all of August. We are hoping that we might be able to shoot indoors during that time but at the moment we have no idea if that will be possible.

Review: Longshot layered foam boss

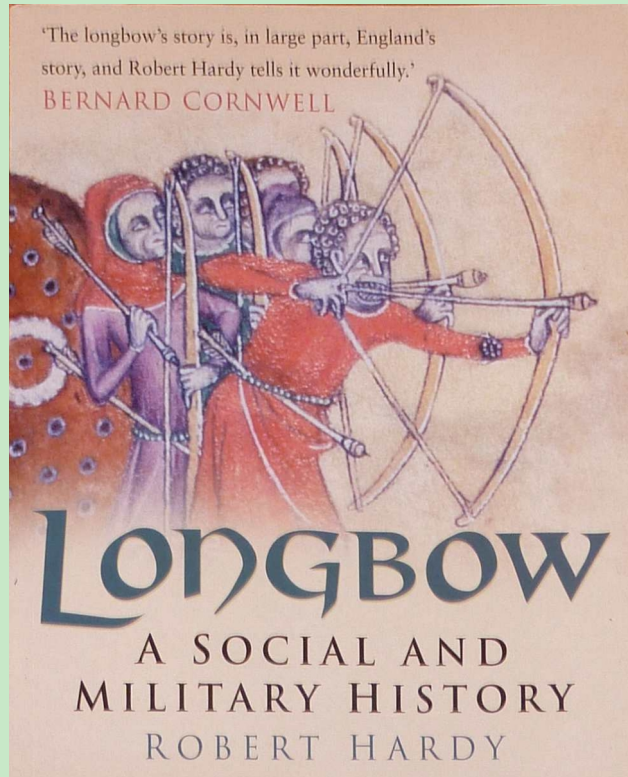
I have a garden large enough in which to shoot safely. My archery muscles have suffered from my long spell of not shooting so I wanted to practise regularly. I dragged my old straw boss out of my garage together with the stand. It seemed to be fine. Then after shooting several ends successfully I went to retrieve my arrows and found there were only five not six. But I had heard six hits. Had an arrow gone right through the boss? Yes, there it was lying behind on the ground with damaged fletchings.

So it was off to Clickers for a foam boss. I thought of getting a Danage foam block one but they seemed quite expensive for the garden. So I settled for the Longshot 95 cm layered foam one that you see in the picture. It only cost £129 and fitted in my car, so avoiding a large delivery charge. The bad news is that I bought the last one so there might be a wait.



At 17 kg it is light enough to move around quite easily, especially with a sack barrow.. More important though, because of its square base it doesn't need a stand. I shot from my 17 kg (37 lb) draw weight recurve at 20 m expecting the boss to topple but it didn't. I guess the arrows are stopped more slowly than on a straw boss so they don't impose such a large force. Remember force = mass x acceleration? I don't know if it would topple with a faster or heavier arrow from a compound bow. Overall then, an excellent and highly recommended piece of kit. Don't forget you are not insured for shooting in your garden.

Books: Longbow



This is several books in one. It covers the history of the bow in general, the development of the longbow, how it was used in various wars, the people who became military archers, a description of creating working replicas of military longbows, the emergence of archery as a sport and several accounts of the science of archery. Robert Hardy was a well-known actor and had a long-term interest in the history of the bow. He was a trustee for the project to raise and preserve the Mary Rose, one of Henry VIII's warships. One discovery when the ship was lifted was a large number of unused longbows in storage together with thousands of

arrows. The book is painstaking in its detail and accuracy so don't expect an exciting read. If you are a keen archer there will be plenty in this book for you. There are lots of excellent pictures, and it is an education in itself just to flick through looking at them.

I particularly liked one quote from Hardy about the sometime mismatch between humans and machines. "[The bow gives us] ... the ability to store the slow energy of the ... muscles and release it suddenly and efficiently..." (P11). This is very much like the relationship of humans to computers and the role of computer software. When I trained programmers I used to tell them that they would write very clever code very slowly that the incredibly stupid computer would run blindingly fast.

Website

Type cromerarchers.org.uk into the address box on your browser or click the link. Don't put it into a search engine like duckduckgo or google or you will get all kinds of useless things. You should then see the club's website. I am developing it and it is far from finished. It is **your** website so please let me have **your** ideas and contributions and your honest comments about it. What sorts of things? Stuff like opinions, reviews, things to sell and wanted, boasts about scores, archery jokes and tales, how-to articles, information sheets and technical articles, links to youtube and other videos, pictures, etc. If it's interesting I'll find space for it. All of the new material for the newsletter will also go on the website, as well as backnumbers.

At first I didn't realise how much I had forgotten about archery during the last twenty years of wasting my time on other things. I had to learn a lot all over again. I use physicist Richard Feynman's method for learning, which is to write it down as though it is for an eight-year-old. If you can't say it that simply you don't understand it

yourself. The notes I did for myself then became a guide for beginners which is on the website as a downloadable file. Corrections and suggestions please.

Achievements

Your achievements will appear here, so let me know. In the mean time here are the world rankings from <https://worldarchery.sport/>:

Archery world rankings 15 April 2020 – top hundred These are the UK archers and positions not scores!

Women's compound

Ella Gibson	34
Layla Annison	45
Lucy Mason	53
Susan Corless	66
Sarah Moon	85
Bayley Sargeant	86
Lucy O'Sullivan	96

Women's recurve

Naomi Folkard	39
Bryony Pitman	53
Sarah Bettles	64

Men's compound

Adam Ravenscroft	46
Neil Bridgewater	79
Stuart Taylor	100

Men's recurve

Tom Hall	73
Patrick Huston	100

Videos to watch

<https://www.youtube.com/channel/UCb467UvO4jRgKxWX1oqtzA>

Competition news

If enough members want one, we are happy to arrange a competition. It would be a short one of perhaps 4 dozen arrows - a Short Warwick perhaps. The aim would be to have fun and we wouldn't take it too seriously. John Plummer has his whistle at the ready.

Sales and wanted

Email me with your sales and wanted items together with pictures. I'll put them in the next newsletter and on the website.

For sale: simple recurve sight £8 Contact Peter Scott at peter@peterscott.website or 07521 502045



