

MERDON WHITEBOARD

EDITOR GERRY WILLSMORE

SEPTEMBER 2013



CLUB NEWS

Club Diary

Sep 22 11:00 Windsor
Sep 29 11:00 Columbia
Oct 5 14:00 Handicap Shoot - FITA 70
Oct 6 11:00 Long National
Oct 12 1:00 Set up field for Agincourt Arrow
Oct 13 AGINCOURT ARROW
Oct 20 09:30 Committee Meeting
11:00 Frostbite
Oct 27 11:00 Short FITA
Nov 2 14:00 Handicap Shoot - Warwick
Nov 3 11:00 Short Metric
Nov 10 09:30 Committee Meeting
11:00 Frostbite
Nov 17 11:00 Warwick
Nov 24 11:00 Warwick
Dec 1 11:00 National
Dec 7 14:00 Handicap Shoot - Warwick
Dec 8 09:30 Committee Meeting
11:00 Frostbite
Dec 15 11:00 Short Metric
Dec 20 Probable Xmas Meal
Dec 21 14:00 Christmas Fun Shoot
Dec 22 11:00 St Nicholas
Dec 29 11:00 Warwick

Recent Successes by Club Members

Louise Willsmore - 1st Lady Longbow, AC Delco Chris Sherwood Western
Bill Tubbs - 1st Gent Longbow, AC Delco Chris Sherwood Western
Louise Willsmore, Bill Tubbs, John Martin 1st Longbow Team AC Delco Chris Sherwood Western
Bill Tubbs - 1st Gents Barebow, AC Delco Bus Pass Albion
John McCrea - 2nd Gents Longbow, AC Delco Bus Pass Albion.

Tournament Diary

Sep 15 Whitehill Archers Traditional Longbow Shoot
Alton and Four Marks Open Shoot
Sep 21/22 Hampshire Archery Championships
Oct 5/6 Hampshire Clout Championships
Oct 13 Agincourt Arrow
Nov 3 FOBB Crookhorn Indoor
Nov 10 AC Delco Indoor Tournament
Nov 29 Southampton AC Floodlit Frostbite and BBQ

Summer Championships

The club's annual summer Championships take place on Sunday 15th September, starting at 11 o'clock.

We will be shooting a Western round with the club champion being decided on handicap. In addition there will be winners in each category shot, decided on scores achieved.

It would be great to see as many members shooting as possible.



Here is one for Mike O'Leary - combining cricket and archery!



AC Delco Chris Sherwood Western - 11th August

On a day that started damp, finished warm and sunny and with a wind that couldn't make up it's mind which way to blow, four Merdon members shot a Western round at the AC Delco Chris Sherwood Memorial Shoot. Louise Willmore and Bill Tubbs both won their longbow classes and were joined by John Martin in winning the Longbow Team Trophy. Meanwhile I managed to finish 4th in the gents recurve class after a really enjoyable day of archery.

Scores	Hits	Gold	Score
Gerry Willmore - recurve	96	42	726
Bill Tubbs - longbow	85	13	431
Louise Willmore - longbow	76	2	310
John Martin - longbow	51	1	191

AC Delco Bus Pass Albion - 15th August

Six Merdon members entered for the AC Delco Bus Pass Albion but Louise and I had to give it a miss, leaving to the others to do the club proud. Bill Tubbs followed up his Chris Sherwood longbow win by winning the gents barebow section, whilst John McCrea finished second in the gents longbow.

Scores	Hits	Gold	Score
Bill Tubbs - barebow	92	13	439
John McCrea - longbow	59	4	277
John Martin - longbow	44	3	176
Mike O'Leary - longbow	29	0	110



Sunday Shoot 11th August

With Bill Tubbs, John Martin, Louise and myself representing Merdon at AC Delco's Chris Sherwood Western it was left to just two club members to shoot the FITA 50 round on 11th August.

Scores	Hits	Gold	Score
Rob Norris - recurve	69	17	459
Steve Ridd - recurve	67	10	384



Sunday Shoot 18th August

Louise and I were on the sick list on 18th August so, unfortunately, missed the National round on 18th August but four of the usual suspects turned out for the shoot.

Scores	Hits	Gold	Score
Bill Tubbs - compound	72	56	604
Ken Hedley - recurve	72	16	496
Jon Dawkins - recurve	71	10	387
John Martin - barebow	40	2	152



Sunday Shoot - 1st September

With the trees showing the first signs of changing into their autumnal hues a magnificent turnout of nine members turned out for the first Sunday shoot of September. This was further enhanced when three more members turned up, Margaret Bunyard and Roger Minors to do some practice and Caroline Bolton to do some secretarial work in the club hut. Eight of us shot a Long Western whilst John Martin called it a day after the Long National - several others of us had also considered doing the same but the weather was nice and it was only four more ends so we carried on to the finish.

Scores:	Hits	Gold	Score
Bill Tubbs - barebow	88	17	512
Jon Dawkins - recurve	83	13	511
Matt Collins - recurve	86	15	494
Rob Norris - recurve	83	11	412
Ed Mickelwright - recurve	78	7	388
Gerry Willmore - longbow	79	4	351
Louise Willmore - longbow	48	5	223
Mike O'Leary - barebow	48	2	182
John Martin - barebow	31	2	108 (long national)



Saturday Handicap Shoot - 7th September

The rain of the morning having given way to what the Met Office refer to as sunny intervals, four of us turned up to shoot a National round. Despite a blustery wind some decent scores were recorded and the September Handicap winner was Louise Willsmore shooting her longbow.

Scores:

	Hits	Gold	Score	Allce	Total
Louise Willsmore - longbow	55	5	271	1170	1441
Gerry Willsmore - recurve	72	40	574	861	1435
Bill Tubbs - compound	72	45	592	820	1412
Mike O'Leary - longbow	27	1	111	1251	1362

Sunday Shoot - 8th September

Driving to the field though the rain it looked like there would be no Sunday shoot but the weather gods took pity on us and we managed to get through an American round in the dry before driving home through heavy rain.

Seven members braved the early rain to turn up in the hope of getting a shoot and we were rewarded with some sunshine and not much wind.

It has to be admitted that there was a great deal of good natured banter and general hilarity on the line, which always make the shoot more enjoyable and it seems to fly by.

Roger Minors showed that he has progressed to the extent that he is now mixing it with the likes of Rob Norris and Jon Dawkins whilst Bill Tubbs and Louise Willsmore both put in strong performances, just missing out on setting new club records.

Scores:

	Hits	Gold	Score
Gerry Willsmore - recurve	90	51	718
Rob Norris - recurve	86	20	524
Roger Minors - recurve	89	14	521
Bill Tubbs - barebow	85	22	519
Jon Dawkins - recurve	89	13	511
Louise Willsmore - longbow	77	14	403
John Martin - barebow	76	7	316



The Way We Were

Doing research in the March/April 1973 edition of the British Archer magazine I came across the results of the B.A. Postal League shoots and, lo and behold, there were the results for Merdon "A" and "B" teams in both the Portsmouth and Frostbite rounds.

It is encouraging to see that the club wasn't always so insular.

The B.A. Postal League is still going strong for both the indoor Portsmouth and outdoor Frostbite rounds so it would be nice to think the club might do the Frostbite League in future years, especially as we already do a monthly Frostbite shoot. Indeed, if we were staying in the area, I would be offering to do the necessary paperwork like I have done previously at A C Delco.

Speaking of A C Delco I was talking to some of the members about their postal shoots against a club in Australia and couldn't help thinking that it would be something that Merdon could do. This is something that I have heard about ever since I started archery and always fancied taking part in international postal shoots. With the internet these days it is obviously much quicker than when I started in the 1960's when clubs had to rely on sending results to their opponents via airmail.

Editorial - Been There, Done That

When I started out in archery I had no idea of the opportunities for medals, awards and classifications, so I set no goals and just shot for the fun of it.

Back in the 1960's I only attended local tournaments which I heard about from fellow club members and was delighted and astonished to win a couple of medals over the years, a best gold medal and a handicap medal - the latter at the old and prestigious West Midlands and Warwickshire Championships.

On returning to the archery in 2001 I set myself a goal of regaining the third class that I used to shoot to back in the sixties - with the changes to the handicaps and classifications in the time I was away I actually gained my first class in my first full season (2002) and achieved a couple of Bowman scores.

Since then I have achieved many things that I never expected when I came back to the sport, winning numerous medals, including one at the National Target Championships, achieved Master Bowman status and shot at the UK Masters, won Hampshire Championships and the like.

At the beginning of 2013 I realised that the only outstanding goal I had was that elusive six (or three) gold badge so, for the first time since 2003, I did not set any goals for the year.

However, our move to the Midlands could enable me to do some tournaments that I have had a yen to shoot at:

1. Living within easy travelling distance of Lilleshall we will be able to shoot at the Grand National Archery Meeting - once the premier shoot in the country.
2. We will only be a stones throw away from Much Wenlock so we will be able to complete in the Wenlock Olympian Games - the only one I will ever be an olympian.
3. With Yorkshire just a couple of hours away it gives us the opportunity to shoot in the Scorton Silver Arrow, the oldest tournament in the country which celebrated it's 340 anniversary in 2013.

Furthermore I will again have the chance to shoot in a summer long inter-club competition, the potential for winning team medals and to shoot in the Warwickshire Championships again after a break of some 45 years.

Of course there is still that pesky six (or three) gold badge.

Now to get the T-shirt!



Running Repairs

Archery Trivia



Here's a picture for Ken Bleach - it is the 2012 St George's Day Shoot at the Bowmen of Caradoc. Make's you proud to be English.

The Quicks Effect - part 2

You may recall my article on what I termed the Quicks Effect in the August edition. Following publication I received the following from Brett Stevens:-

I read your article on the Quicks effects... It is a well known phenomena but in reverse. Please don't take offence, but its called 'choking' (I'm not an expert in this research field - and in terms of archery I'm too much of a novice to perform without 'thinking', i.e. to have a muscle memory - http://en.wikipedia.org/wiki/Muscle_memory).

So in terms of muscle memory (Extract from article *How to Avoid Choking under Pressure Afraid of crumbling when it counts? Try not to think so Hard* by Elizabeth Svoboda)

"1) We choke under pressure because such conditions thwart the normal brain processing of tasks that are so well learned they have become "automatic."
2) Trying to concentrate on monitoring the quality of your performance is counter productive because the cerebellum, which controls complex motor tasks, is not consciously accessible.

So while in Quicks and thinking of the 'bow' your very adapt motor learning is 'doing', whilst when in competition and aware you have done well already (no pressure or expectation the first round) you 'think' about how to repeat the performance, but it is something you could never be aware of (one of the reasons its sometimes difficult for very experienced people to teach, as they may have no clear idea of how they do something!).

There are many papers that consider this ...but generally (Extract from attached article 2) "Pressure engenders the desire to perform well, which directs attention inward in order to consciously monitor the execution of a motor action (Baumeister, 1984; Beilock & Carr, 2001). Directing attention toward one's own motion has been associated with the activation of Broca's region (Binkofski et al., 2000), which is involved in language production (Hellige, 1993; Liberman, 1996)." (i.e. thinking about when you were told how to do something not the sub-conscious motor task of doing).

Brett attached a couple of papers you may be interested in, both talk about schemes to prevent choking in sport, the first suggest putting equal pressure on yourself during practice whilst the other suggests "Squeezing a soft ball with the left hand prior to the execution of a skilled motor task should thus enhance right-hemispheric activation, thereby helping the visuospatial processes needed for successful performance to dominate." although this is tricky if you have a bow in that hand. (squeezy grip??). There is also a hint to try to perform an action really quickly. Anyone interested can get the full articles from me or Brett.



A Bit of History

From time to time I have chatted to Bill Tubbs about the club's history and he has mentioned the name of Stan Montague, former member and one time manager of the Hampshire Bowman. I was, therefore, pleased to find the following advertisement in the 1973 March/April edition of the British Archer magazine:

Two chances for that M.B. Score !
**HAMPSHIRE
ARCHERY WEEKEND**
**Hampshire "Rose" Open F.I.T.A.
Star Tournament**

(World Record Status applied for)

SATURDAY, 18th AUGUST, 1973

followed by

**County Championships and
Open Meeting**

York - Hereford - Bristol Rounds

SUNDAY, 19th AUGUST, 1973

**MONKS BROOK PLAYING FIELDS
STONEHAM LANE, SOUTHAMPTON**

**Overnight accommodation arranged (if required) for
entries received one month in advance.**

Ample free car parking, Caravan and Tent space
behind the line.

Light Refreshments & All Day Licensed Bar
Location Map sent with Target Lists

Please send entries with S.A.E. to Assn. Tournament Sec.,
S. D. Montague, "The Hampshire Bowman", Dundry, nr.
Bishop's Waltham, (Tel. 2940). Southampton, Hants.

Closing date for entries, Sat., August 4th, 1973



ARCHERY EQUIPMENT FOR SALE

Samick field bow, complete with field sight, RH, 35#	£50
PSE compound bow, RH, 55# @ 30"	£50
Browning compound bow, LH, 50# @ 30"	£25
Flatbow, RH, 45#	£40
Flatbow, RH, 30#	£40
Round leather quiver, RH	£10
Large soft compound case	£10
Large wheeled recurve case	£15

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