



Hi Folks,

An eventful summer season is slowly drawing to a close and it is time for all you holidaymaking archers to get back on the shooting line. Don't forget to drop me a photo or two of whatever you have been up to on your travels. If you climbed up the Eiffel tower in a tutu or went over Niagara in a kitchen sink then send us your pictures. We all want to see them. (Less spectacular ones will also be printed).

Welcome to **Serian Southgate** who joins us to shoot with daughter Ellen, to **Ruben Exius-Genco** who has come to shoot with brother Anton, and **Connie Daynes** who has come to keep her Dad in order. As a family friendly club it is always good to see other family members succumbing to the temptation to join us. (More new members later).

Thanks to all those who have contributed to the mag. This edition is as packed as it could possibly be. Please keep it coming.

Jim

Members Summer Meeting

On Thursday 29th September at approx. 8pm

Unlike the A.G.M. which is a legally binding affair and of it's nature has a formal and predetermined agenda, this meeting is the opportunity for **you to raise any topic that you feel is appropriate to the future of the club.**

This meeting is **our opportunity** as members to get together and discuss where the club is going and whether we are on the right lines to get there.

If you think something needs changing or improving in the club then now is the time to bring it up.

Although there will be opportunities at the meeting to bring up 'new' items, we really need to receive your points in advance so that they can go on the agenda.

If you think it worth raising then do so. No item is too small to ignore.

Please let Ade have any items you would like to see raised at the meeting either on Thursdays or by e-mail adyburch@gmail.com.

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Also on that same night, directly after the Club Members summer meeting, we will be holding a Special General Meeting, to focus on the club constitution amendments and proposed new membership structure.

Our own Olympic shoot off! Hungary v Great Britain

Late on Thursday 12th August, when everyone had finished shooting, 2 of our members were encouraged to hold our own Olympic style shoot off.

Zoli Olajos represented **Hungary** (being a Hungarian International at World Cups)

Jon Hammond represented **Great Britain** (being a club archer and has won the outdoor comp once!)

Judge by myself to make sure there was no funny business going on.

There was a number of people watching as the tense competition got under way.

First set was won by Hungary – 2 – 0

Second set saw a comeback from GB winning it comfortably and taking it to 2-2

Third set was a draw which made the score 3-3 and set up a great finale.

Set 4, only one point in it and went to Hungary – 5-3

At this point, there were calls for Jon Hammond's membership to be considered if he failed to win! Clearly that did not bother him as he went on to lose the 5th set by one point also.

Final score : Hungary 7, Great Britain 3

Zoli was completely overjoyed and Jon was glad he at least won one set. Typical GB!

At least Jon was dressed for the occasion in his bright red top but looking good isn't as good as winning.

Maybe next time Jon or maybe we will have to find someone else to represent our country.

Well done boys, great competition and shot in the right spirit, despite the wrong result.

Ade

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Zoli's response to the 'wrong result' comment.....

„Rossz eredmény ? Magyarország mindig nyer !”

The gauntlet is obviously down for a 2020 Olympic rematch!

(Don't speak the language? Copy and paste into google translate or ask a Hungarian!)

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And finally we can't have an Olympic style shoot-off without an Olympic style finish



The Hungarian flag



the champion

**O God, bless the nation of Hungary
With your grace and bounty.
Extend over it your guarding arm
During strife with its enemies.**

Extract from Hungarian National Anthem

(Sorry Zoli – can't run to a gold medal!)

Have you changed your phone in the last few years?

If so then your club records may be out of date.

Hopefully we will never have to use your emergency contact's number or even your personal mobile number, but recently, events have shown that there are times when these numbers may be needed.

Please make sure yours are up to date. We don't want to be ringing a disused number in an emergency.

If you think your details are out of date then please give or send your current details to the club secretary, **Alan Munson** alan@priory.fsworld.co.uk



Stephen Phillips



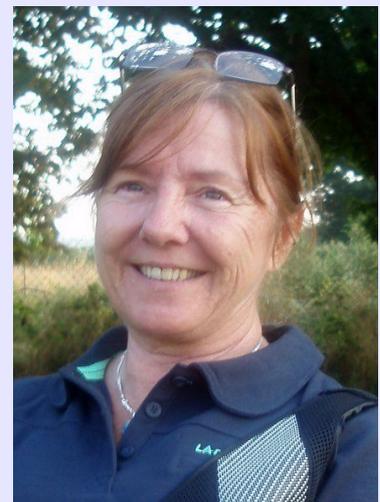
Abi Bloomfield

More new members

**Welcome to the club.
Hope you
enjoy shooting with us.**



Connie Daynes



Loraine Hockley

Another well earned crop of 252 Medals

(photos by Mollie Burch)



Ray Butler 252 at 20yd



Dale Jennings 252 at 30yd



Jay House 252 at 40yd.



Peter Stock 252 at 50yd.



Chris Vince 252 at 80yd



Matt Skilton 252 at 30yd



Zoli Olajos 252 at 40,50 &60yd

Blue Arrows Quiz Team

Come along for a fun filled evening making up a team for Blue Arrows.

Tuesday 20th September for 8pm start

**The Lattice Barn Pub
975 Woodbridge Road
Ipswich**

£2.00 per head payable on signing up.

Sign up sheet will be available on Thursday training from 1st September.



Jay House



Nichola Bull



Jim Higgins



Rebekka Bunting

Happy Birthday to you all

and Lewis Vince



Shannon McLaughlan

Great results for the BA Portsmouth Postal League

Ade reports -photos by Mollie Burch

Fantastic results for both Recurve teams in last season's Indoor Postal League. Both our A and B teams won their respective divisions and gained badges for their quivers for their efforts.

The A team, made up of Alan Munson, Rob Gardner, Jon Hammond and Rob Spindley won Division 25.

The Recurve B team of Dave Hamilton, Colin Betts, Piers Skilton and Chris Vince won division 48.

There are around 60 divisions so both teams will gain promotion.

The A team only lost 1 match, whereas the B team won every match and won their division by 4 points.



All this can be viewed on our Competitions pages on the website.

Team medals are awarded to those that featured in the teams the most by the scores submitted and gained.



Anyone can be in the teams, it is just down to how high you score, so try your hand in our next indoor season, which is creeping up fast.

This is fantastic news for the club and coupled with winning Division 2 of the Andy Harris league we have had a really successful indoor season.

Congratulations to everyone who won medals but also to everyone who contributed to any of the scores.

Come on Blue Arrows, roll on next season!

Ade

Piers applied for and obtained a place on an intensive performance assessment and coaching course with Archery GB. Here is his account of the day.....



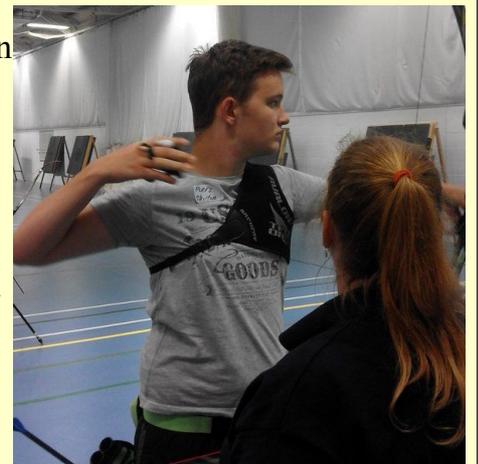
During my day in Lilleshall, I worked with many high level GB coaches including Lloyd Brown who coached the 2012 Olympic squad.



Firstly, we all had a technical session in which we learnt all the warm-ups and stretches we need to complete prior to every shooting session.

Then our assigned coaches assessed our form using mirrors and stretch bands then made changes accordingly.

After this we all shot for around an hour, shooting around 80-100 arrows while the coaches took videos for analysis.



Once we had all packed our bows away and had some lunch we made our way over to the lecture theatre to get more information about the programme.

Lastly we walked through the amazing grounds of Lilleshall Sports Centre to the high performance gym, with state of the art equipment and exercise machines. This is where we had a strength and conditioning session with one of the GB physical trainers. We learnt many exercises to do before and after a shooting session, to warm up, cool down and reduce the risk of injury.



Overall I had an incredible day, and I learnt a lot of techniques and skills that will benefit my archery. I will be returning in November, where I will be assessed again by the coaches to further improve.

Piers Skilton



SF super forged riser (blue and silver fade)..

complete set of cartel stabilisers...

Beiter clicker...

40lbSF Elite limbs...

SF carbon sight...

Spigerelli arrow rest...

fastflyte string and pressure button.



All in excellent condition £300 the lot.

Rob Garnham 07802 194525 or come and see me on a club night.

Ring before a club night and I will bring it with me.