



Southsea Archery Club

Newsletter

Welcome to a brand new year!

This month has seen our club turn four. Happy Birthday to us. Thank you to everyone who has supported us & to those who have been with us all that time

We are excited to see what 2017 brings with our range of competitions, beginners courses and you never know what else

December saw our fun Xmas shoot with some very negative scoring, haha. But we hope everyone had a good time. We look forward to our Easter fun competition.

January saw our 4th Winter Championships. Thank you to all who came and took part. We always say it's the fun of taking part that makes the competitions so good.

Congratulations to the winners and all who took part. Winners were:

Male Recurve – Sonnie Emeney | Female Recurve – CJ Upfield

Male Barebow – Simon Young | Female Barebow – Georgia Thirtle

Traditional Bow – Matt Waters | Compound – Mathew Barber

Mixed Recurve/Barebow Team – Southsea A

(Sonnie Emeney, Ellie Moys, Mark James & James Wrigley)

Our next major competition is the Spring Championships on Sat 25th March. This will be a WA18 round, full face for all except triple faces for Compound archers. All welcome from any club & any ability. Enter online or at a club shoot. £8 entry fee

BA Postal League

As some of you may be aware we are taking part in the BA Postal League We have a Southsea A and a Southsea B in divisions with 5 other clubs of about the same ability.

Each month we nominate a night and the top six scores get entered, so team members are not fixed.

After 3 months Southsea A have won all 3 and Southsea B have won 2 out of 3 of their matches

Just 2 more months to go! Fingers crossed



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Results for the SAC Winter League including January's shoot.

With only 3 months to go there is still plenty to play for. You can pick up a 4 point swing in any one month, so carry on just shooting your very best.

Next league shoot night is Saturday 18th February. If cannot make this date the must shoot on the Wednesday 22nd or Saturday 25th, but if along on the 18th you MUST do your league shoot then

We will have prizes for league winners to give out at the end of April

January Results

Overall Standings

Freestyle					
	Name	Score	Allowance	Adjusted Score	Points
Division 1	Sonnie Emeney	578	857	1435	5
	Mark James	541	889	1430	4
	Dave Bennington	537	886	1423	3
	Dan Huggins	532	889	1421	2
	Tim Campbell	512	899	1411	1
Division 2	Angus McDougall	469	956	1425	5
	Chris Dyer	491	930	1421	4
	Stuart Hardman	517	902	1419	3
	Tony Eldridge	492	926	1418	2
	Sheena Davis	510	906	1416	1
Division 3	Susan Feltham	444	974	1418	5
	Kay Baseley	335	1008	1343	4
	Nicky Colliss	278	1051	1329	3
	Phil Plumbly	0	956	956	0
	Kirsty Gunn	0	956	956	0

Freestyle							
	Name	Sept	Oct	Nov	Dec	Jan	Total
Division 1	Dave Bennington	4	5	5	5	3	22
	Sonnie Emeney	5	2	4	3	5	19
	Mark James	1	5	2	4	4	16
	Tim Campbell	4	3	1	2	1	11
	Dan Huggins	2	1	3	1	2	9
Division 2	Angus McDougall	4	3	5	4	5	21
	Stuart Hardman	3	5	4	3	3	18
	Sheena Davis	5	4	0	5	1	15
	Chris Dyer	2	2	0	2	4	10
	Tony Eldridge	1	1	3	1	2	8
Division 3	Susan Feltham	4	4	4	5	5	22
	Kirsty Gunn	5	5	5	0	0	15
	Kay Baseley	0	2	2	4	4	12
	Nicky Colliss	2	1	1	4	3	11
	Phil Plumbly	3	3	3	0	0	9

Barebow					
	Name	Score	Allowance	Adjusted Score	Points
Division 1	Simon Young	487	961	1448	5
	Jenny Leach	477	967	1444	4
	Gavin Baker	474	926	1400	3
	Billy Gray	437	961	1398	2
	Jennie Gray	0	987	987	0
Division 2	Gemma Kwiatkowski	405	1042	1447	5
	Matt Waters (LB)	416	1008	1424	4
	Graham Drury	222	1091	1313	3
	Dean Adams	0	1008	1008	0
	Kevin Bampton	0	1001	1001	0

Barebow							
	Name	Sept	Oct	Nov	Dec	Jan	Total
Division 1	Simon Young	4	5	5	5	5	24
	Gavin Baker	5	4	4	3	3	19
	Jenny Leach	3	3	2	4	4	16
	Jennie Gray	1	2	3	2	0	8
	Billy Gray	2	1	1	1	2	7
Division 2	Graham Drury	5	3	5	5	3	21
	Gemma Kwiatkowski	4	5	3	2	5	19
	Matt Waters (LB)	2	0	5	4	4	15
	Kevin Bampton	3	4	2	3	0	12
	Dean Adams	0	0	0	0	0	0

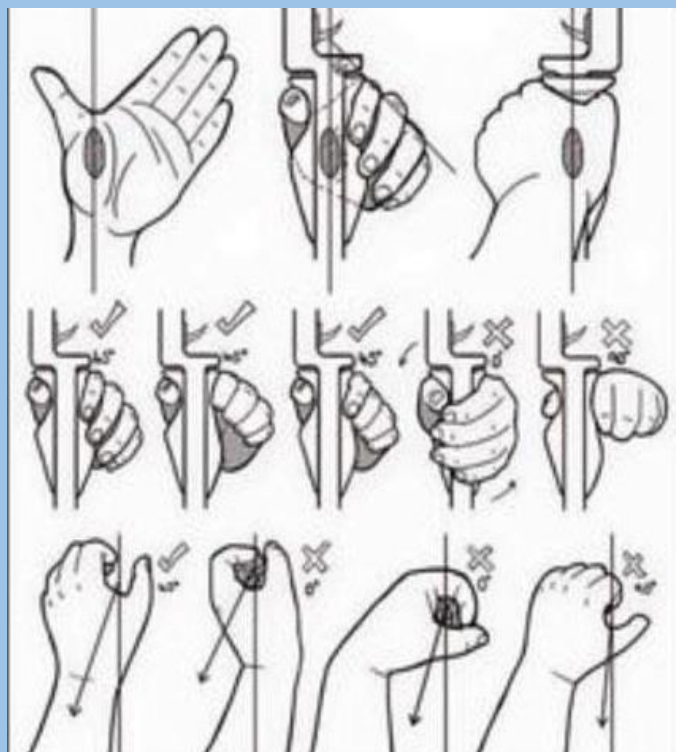
Compound					
	Name	Score	Allowance	Adjusted Score	Points
Division 1	Darren How	0	871	871	0
	Mathew Barber	569	867	1436	5
	Claire Cox	541	889	1430	4
	Alistair Feltham	534	891	1425	3
	Emily Sulma	0	927	927	0

Compound							
	Name	Sept	Oct	Nov	Dec	Jan	Total
Division 1	Mathew Barber	4	1	5	5	5	20
	Claire Cox	5	5	2	0	4	16
	Alistair Feltham	1	3	4	4	3	15
	Darren How	2	2	3	0	0	7
	Emily Sulma	3	4	0	0	0	7



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Coaching Corner

By Sonnie Emeney

Gripping the bow correctly is vital for achieving a relaxed bow hand and good bow arm shape. Tension in the bow hand often raises the bow shoulder causing miss-alignment, which means more effort in every shot. As well as this the tension could also cause torquing the bow during the point of release resulting in more inconsistency. To get a good "grip" see the photos above, the pressure of the bow runs directly through you hand in line with your wrist. Having a edge on you bow grip you can feel along the life line of your hand is a great way to ensure you are consistent with your grip placement and pressure point.

2017 Southsea Archery Club Competitions

Date	Time	Competition Name	Round	Location
25/03/2017	5:30pm	Spring Championships	WA18 Full Face	Priory School
15/04/2017	5:30pm	Easter Fun Shoot	Random Fun Faces	Priory School
18/06/2017	10am	Southsea Archery Knockout Cup	Random Head to Head 20yard	Southsea Castle Moat
20/08/2017	10am	Summer Championships	Stafford	Southsea Castle Moat
23/09/2017	5:30pm	Plonker Competition	Reverse Portsmouth Round	Priory School
28/10/2017	5:30pm	Halloween Fun Shoot	Random Fun Faces	Priory School
25/11/2017	5:30pm	Autumn Championships	Worcester	Priory School

December/January has seen a couple of new records set at the Record Status WA25 in Guildford which we do count as representing our club
Well done to:
Sonnie Emeney - Gents RC
Hannah Mitchell – Ladies RC



We have our colour progression scheme available. Tables for required scores are online.
We also have the Portsmouth badges which can get when get certain scores, available for multiples from 200-575



We now have new enamel club badges available for just £2 at club shoots