



Southsea Archery Club

Newsletter

We hope everyone who took part in our Spring Championships in March had fun and well done to all our winners! Full results are online. Congratulations to Mathew Barber who completed the grand slam in Men's Compound after winning the past four of our major competitions!

It's finally Spring and the nights are getting lighter and the weather better which means that it is almost time to start shooting outside!

The biggest news we have is that we have secured a new outside shooting range which will allow us to shoot up to 100 yards! This will be down in Southsea/Eastney near the Eastney swimming pools.

We will be releasing days and times shortly so watch this space. We hope that with this great new addition to our shooting facilities that everyone will support us by coming along. Shooting will be anything from 10m right up to 100 yards

Easter is almost here which means our Easter Fun shoot on Saturday 15th April with fun faces at all different distances and random scoring so who will win is a mystery!

Just £6 entry with fun prizes. 5:30pm start. Open to everyone!

Below is all our competitions for 2017 so pop in your diary. Everyone is always welcome regardless of ability as they are always fun and we have handicap score prizes and team prizes too



2017 Southsea Archery Club Competitions

Date	Time	Competition Name	Round	Location
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

Don't forget to submit any scoring rounds to Mark who is our Records Officer. You will earn a handicap which allows you to participate for Handicap Score prizes in our competitions and give you something to aim at. Plus you can get one of our progression badges as improve 😊



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Winter Portsmouth Round League

We are into the final month! While some divisions have been settled for winners others remain to be decided!

We look forward to announcing the prizes at the end of April so carry on shooting to get the best positions possible

March Results

Freestyle					
	Name	Score	Allowance	Adjusted Score	Points
Division 1	Dave Bennington	536	886	1422	5
	Sonnie Emeney	563	857	1420	4
	Mark James	526	889	1415	3
	Tim Campbell	516	899	1415	3
	Dan Huggins	509	889	1398	1
Division 2	Angus McDougall	490	956	1446	5
	Stuart Hardman	535	902	1437	4
	Chris Dyer	479	930	1409	3
	Tony Eldridge	465	926	1391	2
	Sheena Davis	0	906	906	0
Division 3	Kirsty Gunn	487	945	1432	5
	Susan Feltham	439	974	1413	4
	Nicky Colliss	314	1051	1365	3
	Kay Baseley	273	1008	1281	2
	Phil Plumbly	0	956	956	0

Overall Standings

Freestyle									
	Name	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Total
Division 1	Dave Bennington	4	5	5	5	3	5	5	32
	Sonnie Emeney	5	2	4	3	5	4	4	27
	Mark James	1	5	2	4	4	3	3	22
	Tim Campbell	4	3	1	2	1	0	3	14
	Dan Huggins	2	1	3	1	2	0	1	10
Division 2	Angus McDougall	4	3	5	4	5	3	5	29
	Stuart Hardman	3	5	4	3	3	4	4	26
	Chris Dyer	2	2	0	2	4	5	3	18
	Sheena Davis	5	4	0	5	1	2	0	17
	Tony Eldridge	1	1	3	1	2	1	2	11
Division 3	Susan Feltham	4	4	4	5	5	4	4	30
	Kirsty Gunn	5	5	5	0	0	0	5	20
	Nicky Colliss	2	1	1	4	3	5	3	19
	Kay Baseley	0	2	2	4	4	3	2	17
	Phil Plumbly	3	3	3	0	0	0	0	9

Barebow					
	Name	Score	Allowance	Adjusted Score	Points
Division 1	Jenny Leach	475	967	1442	5
	Billy Gray	476	961	1437	4
	Simon Young	449	961	1410	3
	Jennie Gray	402	987	1389	2
	Gavin Baker	0	926	926	0
Division 2	Gemma Kwiatkowski	377	1042	1419	5
	Graham Drury	319	1091	1410	4
	Kevin Bampton	375	1001	1376	3
	Dean Adams	0	1008	1008	0
	Matt Waters (LB)	0	1008	1008	0

Barebow									
	Name	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Total
Division 1	Simon Young	4	5	5	5	5	5	3	32
	Jenny Leach	3	3	2	4	4	3	5	24
	Gavin Baker	5	4	4	3	3	0	0	19
	Jennie Gray	1	2	3	2	0	4	2	14
	Billy Gray	2	1	1	1	2	2	4	13
Division 2	Gemma Kwiatkowski	4	5	3	2	5	5	5	29
	Graham Drury	5	3	5	5	3	2	4	27
	Kevin Bampton	3	4	2	3	0	4	3	19
	Matt Waters (LB)	2	0	5	4	4	3	0	18
	Dean Adams	0	0	0	0	0	0	0	0

Compound					
	Name	Score	Allowance	Adjusted Score	Points
Division 1	Mathew Barber	568	867	1435	5
	Emily Sulma	0	927	927	0
	Alistair Feltham	0	891	891	0
	Claire Cox	0	889	889	0
	Darren How	0	871	871	0

Compound									
	Name	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Total
Division 1	Mathew Barber	4	1	5	5	5	5	5	30
	Claire Cox	5	5	2	0	4	4	0	20
	Alistair Feltham	1	3	4	4	3	3	0	18
	Darren How	2	2	3	0	0	0	0	7
	Emily Sulma	3	4	0	0	0	0	0	7



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BRACE HEIGHT RANGE CHART

Riser	Limb	Short	Medium	Long
21"	Length String Length Brace Height	62" 59" (150cm) 8"-8.5" (20-21.5cm)	64" 61" (155cm) 8"-8.75" (20-22cm)	66" 63" (160cm) 8.5"-9" (21-23cm)
23"	Length String Length Brace Height	64" 61" (155cm) 8.25"-9" (20.5-22cm)	66" 63" (160cm) 8.25"-9" (21-23cm)	68" 65" (165cm) 8.5"-9.25" (21.5-23.5cm)
25"	Length String Length Brace Height	66" 63" (160cm) 8.25"-9" (21-23cm)	68" 65" (165cm) 8.5"-9.25" (21.5-23.5cm)	70" 67" (170cm) 8.75"-9.5" (22-24cm)
25" Formula HPX	Length String Length Brace Height	66" 63.25" (161cm) 7.5"-8.25" (19-21cm)	68" 65.25" (166cm) 7.9"-8.5" (20-21.5cm)	70" 67.25" (170.7cm) 8.5"-9" (20.5-22.5cm)
25" Formula RX / Excel	Length String Length Brace Height	66" 63.25" (161cm) 8.25"-9" (21-23cm)	68" 65.25" (166cm) 8.5"-9.25" (21.5-23.5cm)	70" 67.25" (170.7cm) 8.75"-9.5" (22-24cm)
27" Formula HPX	Length String Length Brace Height	68" 65.25" (166cm) 7.5"-8.25" (19-21cm)	70" 67.25" (171cm) 7.75"-8.5" (20-21.5cm)	72" 69.25" (175.7cm) 8.5"-8.9" (20.5- 22.5cm)
27" Formula RX	Length String Length Brace Height	68" 65.25" (166) 8.25"-9" (21-23cm)	70" 67.25" (171cm) 8.5"-9.25" (21.5-23.5cm)	72" 69.25" (176cm) 8.75"-9.5" (22-24cm)

Club Records broken March 2017!

A huge 4 records were set at our spring championships!

We have several categories with no record set so take a look sometime and feel free to fill in the gaps if you can

WA18 Full Face:

Gents RC – Sonnie Emeney – 547

Junior Male RC – Alfie Counsell – 108

Female BB – Jenny Leach – 344

Junior Male BB – Matt Waters – 276

Coaching Corner

By Sonnie Emeney

Brace Height

What is brace height?

To put it simply brace height is the distance from the arrow rest to the string when the bow isn't being pulled.

What does it do?

Brace height can do several things to your bow and has outcomes too.

Sound or the bow, vibration, groups sizes, left/, right, up and down movement can all be effected by the brace height. The list could even go on!

You can change you brace height by adding or removing twists from your bow string. This makes the string shorter or longer. Most limb manufacturers have a recommended brace height range for you to keep it between but if not you can use this chart.

If you haven't checked your brace height measurement before speak to a Club Coach for more advice.

BA Postal League

The results for this will be out later this month we hope! Thank you to everyone who took part in shooting on league shoot nights in our first year of this.