



MOLE VALLEY

BOWMEN

ARCHERY

HANDBOOK

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Introduction to the Mole Valley Bowmen

Mole Valley Bowmen were founded in March 1974 in Leatherhead, Surrey. Based in Leatherhead until 2005, Mole Valley Bowmen (or MVB) now shoot in Dorking at St. Martin's C of E Primary School.

Our members shoot all bow types (longbow, recurve and compound) and the club has a good recreational and tournament archery mix, and several club members have also been part of the Surrey County Squad.

The club shoots three times a week during the summer on Monday, Thursday evenings, and Sunday afternoons.

The club has teams in several archery leagues which take place over the summer and winter seasons. We can regularly be found in the top league tables in the county!

Introduction to the committee

The committee is made up of any club member who wishes to stand. The key people are:

Chairperson: Louise Colville & James Suckling

Secretary: Glenda Watson

Treasurer: Paul Grinham

Membership Secretary: Glenda Watson

Other useful people:

Records Officer: Andrew Ratcliffe

Etiquette for a Good Archer

At the Club a Good Archer:

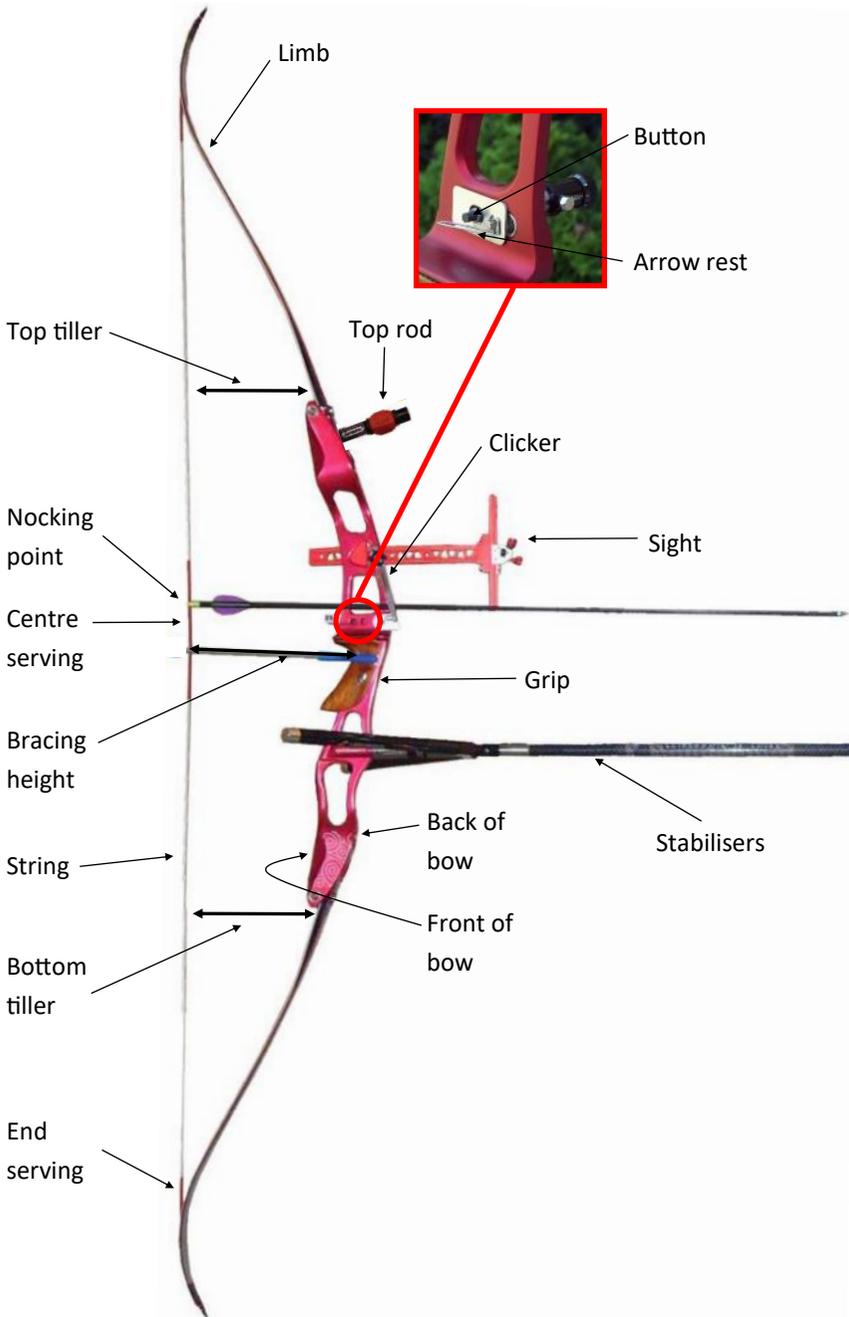
- Helps set up targets on arrival. Making sure to be clear of any football pitch lines, and does not take the trolley onto the football pitch in muddy conditions.
- Takes down their own target and puts it away when finished shooting if nobody else wants to use it, and/or helps to clear the field at the end of a session.
- Asks before shooting on a target where others are already shooting, to check if there is space and that the distance isn't about to change as a round is in progress.
- Ensures that there are no more than 6 archers or more than 2 details per target.
- If going to the shooting line late, checks and does not start shooting an end when others are about to finish theirs.
- Does not offer any unsolicited coaching advice.
- Does not shoot more than 6 arrows per end, and always collects them all.
- Waits before pulling arrows until others on the same target have either scored / seen theirs. Then helps look for any missed / lost arrows.
- Checks that they have not left any equipment behind on the field when leaving, especially arrows.
- In the case of a lost arrow: completes a lost arrow report (from the container) before leaving the field.
- Ensures that their boots / shoes are free of mud by using the boot scraper before leaving the field.

Etiquette for a Good Archer

General (based on the Archery GB Rule Book Etiquette Guide)

- Respects other archers needs / preference for quiet when shooting.
- Does not go behind the target to retrieve their arrows before their score has been recorded.
- Calls arrow scores in groups of three, for example '7-7-5', a pause '5-5-3'.
- Does not walk up and down the shooting line comparing scores.
- Does not touch anyone else's equipment without permission.
- Quickly offers to pay for another's arrow, if breaking it through their own carelessness (not if hitting another's arrow which is in the target).
- Thanks the Target Captain at the end of each round for their work on your behalf.

Anatomy of a Recurve Bow



Essential Equipment

Aside from the bow itself, there is other equipment that is very useful for every archer to have (pictures are indicative):



Tab (or shooting glove for longbow)



Chest guard



Bracer

Finger sling

Quiver



Bow stand

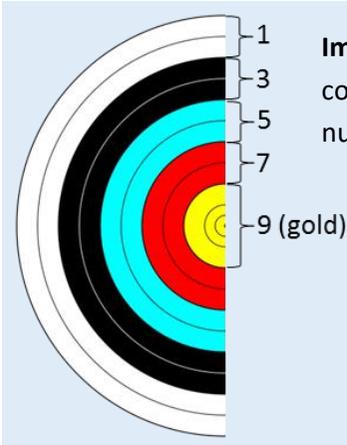


Arrow puller



Scoring

Scoring is an important part of archery and there are two principal methods:



Imperial (or 5 Zone): each colour is worth a certain number of points.



Metric (or 10 Zone): each colour is split into two bands.

A **Portsmouth** is also scored this way.

A **Worcester** round has a unique system.
You will only shoot this round indoors.



An example of how to fill out a score sheet:

Score arrows in descending order each end

Bow and round type

Name: Archer													Bow Type: Recurve				
Date: 3/6/2009													Round: Short Metric				
Age(if under 18): N/A																	
End											End	Doz	Hits	Gold	Total		
9	8	8	7	4	4	40	10	8	7	6	6	5	42	82	12	1	83
10	6	6	5	4	3	34	10	9	9	5	5	M	38	72	12	2	155
8	8	6	5	5	5	37	7	7	6	3	M	M	23	58	10	-	213
Distance Total for 50m													213	33	3	213	
10	9	8	7	5	5	44	X	10	7	6	5	M	38	82	11	3	82
10	9	9	8	7	6	49	9	9	8	8	7	7	49	98	12	1	180
8	8	7	7	7	6	43	X	9	9	6	M	M	34	77	10	1	257
Distance Total for 30m													257	33	5	257	
Round Totals:													470	66	8	470	
Archers signature:													Scorers Signature:				

Dozen totals

Number of hits per dozen

Running total

Number of golds (imperial) or 10s(metric) per dozen

Grand totals

End totals 'X' = inner 10 'M' = miss (do not write X!)

Finally, write name, sign and hand to Records Officer.

Competitions

There are many levels of competitive archery. The following is a list of types of event that you can use to challenge yourself:

Personal rounds: these can be shot anywhere and scores can be submitted to the records officer to help you track your progress. A selection of rounds is given on the next two pages.

Club champs and postal competitions: these are shot within the club environment and allow you to compete alongside other club members in a relaxed environment.

Inter-club friendlies: a chance to compete away from the club in another relaxed environment (tea is served afterwards!).

Open champs (including the County Champs): these competitions are hosted by other clubs and are open to anyone to enter. They have a range of seriousness, with some being Record Status. They are a great way of meeting other archers from around the country. You can travel as far afield as you like!

County Ranking, National Series & National Rankings: again open to anyone, but restricted to certain types of shoots. The Records officer will happily explain how these work if you are interested. Club members have taken part in both and been ranked as high as 5th in the country!

Intercounties Championships: invitational shoot where you represent your county. Selection is based upon performance throughout the outdoor season. See the CSAA website, or speak to the Records Officer to find out more.

Of course, it goes without saying that there are then international shoots, such as the World Cup and Olympics, but these are also invitational. And you will be on the national squad to get invited to those!

Outdoor Archery Rounds : Imperial

Imperial rounds are shot at distances measured in yards.

All rounds are shot on 122cm faces.

Five zone scoring is used.

Rounds highlighted by are eligible for the MVB Progress Scheme (see pages 14 & 15).

ROUNDS	DOZENS OF ARROWS TO BE SHOT AT EACH DISTANCE								
	100yds	80yds	60yds	50yds	40yds	30yds	20yds	15yds	10yds
York	6	4	2						
Hereford		6	4	2					
Bristol I		6	4	2					
Bristol II			6	4	2				
Bristol III				6	4	2			
Bristol IV					6	4	2		
Bristol V							6	4	2
St George	3	3	3						
Albion		3	3	3					
Windsor			3	3	3				
Short Windsor				3	3	3			
Junior Windsor					3	3	3		
New Western	4	4							
Long Western		4	4						
Western			4	4					
Short Western				4	4				
Junior Western					4	4			
Short Junior Western						4	4		
American			2.5	2.5	2.5				
St Nicholas					4	3			
New National	4	2							
Long National		4	2						
National			4	2					
Short National				4	2				
Junior National					4	2			
Short Junior National						4	2		
New Warwick	2	2							
Long Warwick		2	2						
Warwick			2	2					
Short Warwick				2	2				
Junior Warwick					2	2			
Short Junior Warwick						2	2		

Outdoor Archery Rounds : World Archery & Metric

Metric rounds are shot at distances measured in metres.

Rounds are shot on a mixture of 122cm or 80cm faces.

10 zone scoring is used, with the inner 10 scored as an 'X'.

Rounds highlighted by are eligible for the MVB Progress Scheme (see pages 14 & 15).

ROUNDS	DOZENS OF ARROWS TO BE SHOT AT EACH DISTANCE												
	122cm Face						80cm face						
	90m	70m	60m	50m	40m	30m	20m	50m	40m	30m	20m	15m	10m
WA1440 (Gents)	3	3						3		3			
WA1440 (Ladies)		3	3					3		3			
Half FITA (Gents)	1.5	1.5						1.5		1.5			
Half FITA (Ladies)		1.5	1.5					1.5		1.5			
Metric I		3	3					3		3			
Metric II			3	3					3	3			
Metric III				3	3					3	3		
Metric IV					3	3					3		3
Metric V						3	3					3	3
Long Metric (Gents)	3	3											
Long Metric (Ladies)		3	3										
Long Metric I		3	3										
Long Metric II			3	3									
Long Metric III				3	3								
Long Metric IV					3	3							
Long Metric V						3	3						
Short Metric								3		3			
Short Metric I								3		3			
Short Metric II									3	3			
Short Metric III										3	3		
Short Metric IV											3		3
Short Metric V												3	3
Half Metric I		1.5	1.5					1.5		1.5			
Half Metric II			1.5	1.5					1.5	1.5			
Half Metric III				1.5	1.5					1.5	1.5		
Half Metric IV					1.5	1.5					1.5		1.5
Half Metric V						1.5	1.5					1.5	1.5
WA900			2.5	2.5	2.5								
WA720		6											
WA Standard				3		3							

Keeping Track of Progress

There are three ways of tracking progress in archery:

- 1) Handicaps
- 2) Classifications
- 3) The MVB progress scheme

Handicaps

Like many sports archery has a handicap system to allow archers of different abilities to compete together.

The key points:

- The handicap scale runs from 100 (lowest standard) to 0 (highest standard).
- The more points you score on any given round, the lower the handicap.
- An archer's handicap is calculated in two ways:
- An initial handicap is calculated based upon an archer's first three scores.
- After that a running handicap is calculated whenever an archer shoots a score with an improved handicap. It is calculated from the average of the previous handicap and the one equivalent to the best new score.
- An archer's handicap can only go down (get better) within given season.
- The handicap is used to level the playing field so that archers of different abilities can compete together.
- For example, if an archer shoots a round at exactly their handicap standard, their adjusted score is 1440. A higher score means they shot better than previous form.
- This system is used for the Ted MacDonald shoot, the Club Champs and for some of the running competitions.
- Please speak to the records officer for more details.

Classifications

There are different classifications depending on your age and the distance you shoot.

To achieve a classification, 3 qualifying scores need to be shot at the appropriate distance. The score and distance required depends on age, gender and bow-type, so ask the Records Officer for more details.

The classifications are as follows (from lowest to highest):

Third class



Second class



First class



Bowman

(top 15% of archers in the country)



Master Bowmen (MB)

(top 5%)

Grand Master Bowmen (GMB)

(top 1%)



Classifications up to Bowman can be claimed from round shots at the club. MB and GMB must be shot at record status shoots.

If you achieve either MB or GMB you will be invited by Archery GB to shoot at the Masters held up at Lilleshall.

Mole Valley Bowmen Progress Scheme

We also run a progress scheme unique to the club.

It is designed to encourage new archers to try shooting recognised rounds and to progress up through the distances.

The key points:

- There are senior and junior, gents and ladies, boys and girls versions.
- Four bow styles are included: recurve, compound, longbow and barebow.
- Badges can be attained for achieving each level.
- The badge colour and score required is shown opposite.
- The white badge is achieved by shooting the score at the relevant shortest distance for ladies / gents, senior / junior.
- The rounds are any form of National or Long Metric (shot at the appropriate distance).
- The scheme is also open to WA 720 and Short Metric rounds.
- You can only win the badges in ascending order (i.e. if you shoot a gold, you cannot go back and claim a black).
- You can do the scheme as a junior and then a senior.
- You can do the scheme in different bowstyles.
- **You only need to achieve the score threshold once to get the badge.**
- The Records Officer will be happy to give you more information.



The badge colours are shown below against the appropriate round.

The shortest round is not an official round. Instead, they are shot as follows:

Nationals: 4doz@20yds / 2doz@15yds. **Metrics:** 3doz @ each of 20m & 15m.

The WA720 and Short Metric rounds are also eligible for the scheme.

Nationals			
Recurve	Gents	Ladies	Juniors
New	450		
Long	450	450	
National	450	450	200
Short	450	450	200
Junior	450	450	200
Short Jun	450	450	200
20yd/15yd		450	200
20yd/15yd			100
Compound	Gents	Ladies	Juniors
New	510		
Long	510	510	
National	510	510	400
Short	510	510	400
Junior	510	510	400
Short Jun	510	510	400
20yd/15yd		510	400
20yd/15yd			200
Longbow	Gents	Ladies	Juniors
New	100		
Long	100	100	
National	100	100	100
Short	100	100	100
Junior	100	100	100
Short Jun	100	100	100
20yd/15yd		100	100
20yd/15yd			50
Barebow	Gents	Ladies	Juniors
New	200		
Long	200	200	
National	200	200	150
Short	200	200	150
Junior	200	200	150
Short Jun	200	200	150
20yd/15yd		200	150
20yd/15yd			75

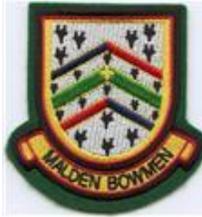
Long Metrics			
Recurve	Gents	Ladies	Juniors
Gents	490		
Ladies & WA720	490	490	
Metric II	490	490	200
Metric III & Short Metric	490	490	200
Metric IV	490	490	200
Metric V	490	490	200
20m/15m		490	200
20m/15m			100
Compound	Gents	Ladies	Juniors
Gents	530		
Ladies & WA720	530	530	
Metric II	530	530	400
Metric III & Short Metric	530	530	400
Metric IV	530	530	400
Metric V	530	530	400
20m/15m		530	400
20m/15m			200
Longbow	Gents	Ladies	Juniors
Gents	120		
Ladies & WA720	120	120	
Metric II	120	120	100
Metric III & Short Metric	120	120	100
Metric IV	120	120	100
Metric V	120	120	100
20m/15m		120	100
20m/15m			50
Barebow	Gents	Ladies	Juniors
Gents	220		
Ladies & WA720	220	220	
Metric II	220	220	150
Metric III & Short Metric	220	220	150
Metric IV	220	220	150
Metric V	220	220	150
20m/15m		220	150
20m/15m			75

Structure of Archery Societies Around the World

There are multiple levels of archery organisations around the world.

The following gives an indication of the different types and their roles.

Individual clubs



There are 19 clubs in Surrey.

MVB shoot friendly competitions against Malden and Surrey Bowmen.

Clubs belong to county bodies.



Holbrook Archers

County bodies



These pick teams for the inter-county competitions.

They also hold county championships and run postal competitions.

Counties belong to regional bodies (e.g.

There are 13 counties in SCAS).

Regional bodies



Southern Counties Archery Society

The regional bodies host intercounty team competitions.

There are 8 regional bodies in the UK.



Grand Western Archery Society

UK National Bodies



Welsh Archery Association

Each home nation has its own archery organisation.

These pick teams for events such as the Euronations, or the Commonwealth games.

National Bodies



Archery GB is the UK wide archery governing body.

Archery GB is based in Lilleshall, Shropshire.

National governing bodies pick the teams for the Olympics and other international competitions, such as the World Cup.

International Governing Body



World Archery is the international governing body of archery.

They ratify world records and hold the world rankings etc.

It used to be called FITA, so you may hear this used down the field still.

Useful Sources of Further Information

The following are websites where you can explore the world of archery some more:

Mole Valley Bowmen website:

molevalleybowmen.org

Mole Valley Bowmen Facebook page:



facebook.com/molevalleybowmen

We invite all our members to join the Facebook page and share your photos of shooting!

Archery GB (the national UK archery governing body):

archerygb.org

Start Archery: a beginners guide to starting archery (by Archery GB):

startarchery.co.uk

County of Surrey Archery Association:

countysurreyarchery.co.uk

World Archery, the international archery governing body:

worldarchery.sport

English Archery Federation:

englisharcheryfederation.org

Southern Counties Archery Society:

scasarchery.org.uk

Quicks (the nearest archery shop for general archery items):

quicksarchery.co.uk

Carol Archery (a nearby longbow and traditional bow specialist):

carolarchery.com

Archery interchange (a good forum):

archeryinterchange.com

Archery.tv (the official YouTube channel for World Archery):

archery.tv

Tournament list (a useful list of competitions curated by Brighton Bowmen):

brightonbowmen.org.uk/archery-tournaments

Bow International (a popular archery magazine):

bow-international.com

Archers Reference (a handy, free guide to archery):

archersreference.co.uk

Mole Valley Handbook

This guide is only as useful as the information in it, so if you do not see something that you would like to know about, please let us know and we will update it for the future.

