



Message from the Chair

Good morning, or to paraphrase what they say on podcasts these days, if you're reading this at another time of day, good evening, or perhaps I hope you're enjoying your lunch!



The coming May bank holiday weekend promises to be a busy one at Bruntwood, especially if we are blessed with good weather. I've just checked the forecast and it's a mixed bag, but with a bit of luck the sun will shine, and the wind and rain will hold off long enough for you to get your round shot and a score submitted.

Saturday is just a normal day at the club. I will be down from around 7am if anyone else fancies an early start, or even just a brew and a chat. That said, like many, I am working on my stamina, having shot little more than Portsmouth rounds over the winter period, but now facing the prospect of 12 dozen arrows over a long day.

On **Sunday** it's the monthly club shoot: *Short Metrics*. Registration is at 10am, so don't be late! If you are fit and able, can I please ask for your help setting out the targets and clearing the field afterwards. They are not as heavy as they look, and many hands make light work.

As usual, there will be a *252 session afterwards*. This is ideal for anyone wanting to gradually increase the distances they shoot, and also for those who like collecting shiny badges. Details of both events should have already landed in your inbox, and there are posters up at the club outlining their format. If you are still a bit unsure, just ask me or another committee member and we will point you in the right direction.

Monday is *Have-A-Go day*. These are always lots of fun and play a big part in engaging with the local community. They are also a great fundraiser for the club. Some years ago, it was decided that all monies collected would be dedicated to supporting junior members who might otherwise not be able to afford to participate in the sport. This might take the form of subsidised membership fees or help with purchasing equipment. If you know of anyone who you think might benefit from this, please have a word with [Steve Ash](#), [Alan Westmorland](#) or [Pete Allan](#), and the matter will be dealt with discreetly. So, a busy weekend as promised!

That just leaves me to say a huge congratulations to [Amin](#) and [Sharon](#) on the birth of their first child. Hopefully we will see all three of them soon.

Also, a big thank you to [Daeron Meredith](#) for running a compound set-up and tuning session last weekend. There is a lot of knowledge held within our membership, and luckily all it takes is a request for help for something to be organised. If there is anything you want to learn, or even share, please make the committee aware and we will do our best to facilitate it. Anyway, enough from me.

Enjoy this month's edition of the newsletter, and keep shooting!

David Woodroffe
Chair – Bowmen of Bruntwood





Easter Handicap shoot, 5th April



Although the pictures give the impression we had the most wonderful weather for this first of the Summer Season shoot on this **Easter Sunday** – we did get a proper soaking! The still picture doesn't show it – but the flags were busy and protective rain-gear could only towards the end of the day be taken off Nevertheless – all had a great time!



Thanks to [Sarah Davnall](#) – there were a selection of **Easter Eggs** to win – as well as the perfect score – of course!

And [Andy Williamson](#) could not resist to feed us with a very welcome warm soup. Given the circumstances

– this treat, accompanied by delicious small cheese toasties, was much appreciated by the unexpected crowd! **THANK YOU!**

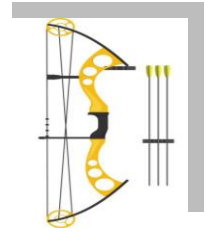


Robin Hood

And if the day was not a brilliant one already – [Natalie Howard](#) shot her first Robin Hood! There is no getting away from it – This is impressive and must be featured here!



Compound set-up masterclass, 25th April



On Saturday 25th, *Daeron* delivered a compound bow setup and tuning masterclass, giving attendees a clear understanding of how to get the best performance from their equipment.

The aim throughout was simple: align the bow's mechanics with the archer's form to produce clean, repeatable arrow flight.

The session began with an **overview** of compound bow mechanics, covering how factors such as cam design, let-off, and riser and limb geometry influence shot feel and forgiveness.

From there, we worked through a **full setup process**—setting the rest, nocking point, D-loop, and peep sight, while also checking cam timing and draw length.

Ensuring the bow fits the archer correctly was a key focus, as proper fit supports a stable anchor and minimizes unwanted torque; without it, tuning gains are limited.

With the baseline established, we moved into **tuning**. *Paper tuning* was introduced as an initial diagnostic tool to assess how the arrow leaves the bow and identify alignment or vertical setup issues. Cam lean was then assessed, along with methods of correction using yokes or shims to resolve issues which can cause horizontal nock travel and inconsistent arrow flight.

The group then moved outdoors to carry out *walk-back tuning*. Shooting at increasing distances while aiming at a consistent point allowed for refinement of horizontal alignment, with rest adjustments made to correct any left-right drift.

Finally, the session concluded with *torque tuning*. Small rest adjustments were used to reduce the impact of minor grip inconsistencies, improving overall forgiveness and ensuring reliable performance under real shooting conditions.

Daeron Meredith

Charity Auction Prize claimed – 26th April

Some of you may remember that we donated an archery taster session as prize for the *Stockport NHS Charity auction* in February. The successful bidders came last Sunday to claim it!



They had a fantastic time and enthused by it all carried on shooting in their own garden in the afternoon!

Member – Profile

Colin Ashworth



My first exposure to archery as a participation sport came when I was but a boy. A neighbour with the unlikely name of Milan Korea strolled out of his front door with what looked to me at the time to be a space weapon, but which I'm now thinking was a child's recurve complete with sight and long rod, together with a quiver stuffed with arrows. Bearing in mind that at this point I was playing with a bent stick and three dowelling arrows with rubber suction cups, you can probably imagine the awe with which I gazed at him.

Fast-forward about 18 years or so and my 5 a-side football days are behind me as my knees are ruined and I've moved house to 20 miles from where I played. It's on my mind that I need another sport to pursue in my spare time and whilst walking through Bruntwood Park one day I came across the answer. I think it must have been a monthly shoot taking place as there were 20 or more archers slinging sticks down the field and having a whale of a time. A quick word with one of the archers solicited an application form for beginners' lessons, and a few weeks later I was introduced to the delights of the indoor range.

My initial stint at the Bowmen of Bruntwood lasted about four years, during which time I was a recurve shooter. I won a couple of tournaments and placed in a few others and shot what is still a club record for an away National round (although it's incorrectly dated on the website as 1982 not 1992).



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My daughter's birth in 1992 distracted me a little because as you probably know infants can be quite time consuming and expensive. I was also playing cricket at the time, and adding in a busy professional life, something just had to give. I reasoned that cricket was a limited lifetime sport (have I mentioned my knees?) whilst archery was something I could return to and continue when time permitted, so decision made I packed away my equipment.

Fast-forward another 22 years or so and said daughter is home from university clutching her shiny new degree. "Do you ever fancy doing archery again dad? If you did, I wouldn't mind giving it a go".

Lessons booked (for both of us as it had been a while). This time I didn't shoot competitively, it was, for me at least, about shooting for the pleasure of both the archery and the time spent with Lauren.

As time passed we both found it increasingly difficult to find the time to shoot. I was very busy at work and Lauren was building her own career, social life and house hunting. After two years we agreed not to renew membership, and the equipment was packed away again.

I took early retirement in 2023, and thoughts turned to what I was going to do with my time. My initial answer to this question was "whatever I want", however it isn't as straightforward as that. High on the list was archery, so I turned the tables on Lauren and asked her if she fancied another go. She agreed then surprised me by saying "she didn't want the faff of recurve" and was going to give some form of barebow a try.



Towards the end of my last membership period, I'd bought myself a cheap all-carbon Korean Horsebow. In hindsight it was a mistake because at 40lbs draw weight my thumb wasn't interested in joining in. I had however shot it off the fingers a few times and enjoyed it, so suggested this as an option. She liked the simple nature of this style of bow but at the time she didn't want to shoot traditionally (i.e. with her thumb). I however wanted to shoot the bow in the manner it was historically used so our paths diversified, though I'm delighted she has now bought herself a couple of thumb rings and is quickly coming to terms with this form of shooting.

So now I have the time, I've found my particular niche in the sport and that fortunate happenstance of a stroll through the park over three decades ago is paying dividends. I'm enjoying my archery more than ever and have branched out from shooting at targets to try both roving and field archery, both great fun and both I'm looking forward to repeating.



I guess my most memorable shoot was last year's East Meets West competition, which was originally a collaborative idea with our chair David and was pulled together with the help of other Asiatic recurve enthusiasts at the club. Not only did I manage to come second, but I gained tremendous personal satisfaction from being involved from initial concept through to a successful conclusion and from helping to put Bowmen of Bruntwood on the map as a leader in this niche form of the sport.

(Written by Colin Ashworth)

New Arrival!

The attentive readers of the Newsletter must have been wondering when this delightful news would arrive! As I was just putting the finishing touches on the document – I received this from [Sharon Tay](#) and [Amin Ali](#) : We would like you to meet our daughter, [Serena](#). She was born this morning (30th April), weighing 3.08kg. We are all doing well and our hearts are full xx



Congratulation to both of you and, of course, [Hello Serena](#) – we cannot wait to meet you!

Miscellaneous

- **Summer Nationals Knockout Tournament** – Don't forget to put your name down on the list for the summer knockout. They are displayed in the indoor and outdoor range. 😊



- **Fund-Raising team 'raise-the-roof'** – if you want to consider being part of the fund-raising THINK-TANK, please contact any of the committee members. A group of very enthusiastic members has already started collaborating – you are welcome to join them any time!



• **Field Maintenance** – you will have noticed - the mowing team was out already. If any of you want to be part of the group and learn how to handle the ride-on lawn mower, please contact a committee member and we get you involved. We are getting the field marked soon.





Quote



"Archery is like a journey; it begins with a love for shooting a bow and a passion for watching our arrows fly."

— Ron Laclair

Pre-loved – Declutter - Sale

Please could members who still have items advertised on the club website let me know if they have sold anything. Just indicate if items are still available or not. Many thanks.



Recurve Equipment – All in excellent condition

Happy to talk **discount** for multiple items, contact [Colin Ashworth](#) on 07768 973706 to arrange to view or try out before buying

Hoyt Horizon Pro Riser - £175

- Metallic Blue
- ILF Limb Fitting
- Shibuya stick on arrow rest
- One pressure button
- Custom shocking pink grip
- Bow stand and Hoyt riser sleeve



Hoyt Grand Prix Carbon ACE Limbs (Medium) £270

- 34lb@28 inch
- Carbon fibre with syntactic foam core
- ILF fitting
- Limb sleeves included

Hoyt Grand Prix Carbon Pro Limbs (Short) £195

- 30lb@28 inch
- Carbon fibre with wooden core
- ILF fitting
- Limb sleeves included

12 x Easton ACC (26 1/2") 2L-04/1020 - £65

Win & Win Silver hard case with wheels (only available once bows have sold) £120



And here the outlook for next Month:

| | | | | |
|------------|---------------|---------------------------------------|---------------------------------|-----------------------------------|
| MAY | Sat 02-Sun 03 | Bronte Archers Spring Weekend | Bronte Archers, Apperley Bridge | Double York/Hereford/Bristols |
| | Sat 02 | Phoenix Bowmen Novice Competition | Phoenix Bowmen, Halifax | Windsors |
| | Sun 03 | Handicap Series: Short Metrics | Bruntwood | Sighters 10.30am |
| | Sun 03 | Junior/Novice 252 | Bruntwood | Sighters 1pm |
| | Mon 04 | Have a Go | Bruntwood | |
| | Mon 04 | Goldcrest Open Western Shoot | Goldcrest archers, Hyde | Westerns |
| | Thur 14 | Coaching Evening | Bruntwood | 7pm onwards |
| | Sat 16 | Beginners Coaching | Bruntwood | 9am - 12pm & 1pm - 4pm |
| | Sun 17 | Beginners Coaching | Bruntwood | 9am - 12pm & 1pm - 4pm |
| | Sun 17 | Selby Open Westerns | Selby RUFC | Westerns |
| | Sat 23-Sun 24 | Archers of East Riding Clout Weekend | Driffield | Clouts |
| | Sun 24 | Eccles Archery Club WA720 + H2H | Eccles AC | WA720 + H2H |
| | Sun 24 | Selby Open Westerns | Selby RUFC | Westerns |
| | Sun 24 | Cumbria County Champs | Aspatria, Wigton | Yorks/Hereford |
| | Sun 24 | Welsh Whit Western | Rhyl | Westerns |
| | Mon 25 | Goldcrest Bank Holiday Clout | Driffield | Clout |

HAPPY SHOOTING!