

# Paringa Archers Newsletter



**Target, Field and Indoor:** 201 Reatta Rd, Trevallyn Reserve, Launceston, Tasmania  
[www.paringa.archerytasmania.org.au](http://www.paringa.archerytasmania.org.au)

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## May 2024 Newsletter

### President's Notes

**Raffle** – Thank you to all the members and friends of Paringa that have contributed to the prizes and offered to help sell tickets. The raffle will be drawn noon Wednesday 31<sup>st</sup> July 2024 at the club house. Tickets are \$2 each or 3 for \$5.

**Invictus Come N Try** – This is a private group session from 10am to 1pm on Sunday 16<sup>th</sup> June 2024. Members may still use the Field course but the Range and Indoors will be unavailable during these times.

**Sun Shade project** – The first Gazebo has been delivered. I will organise the materials and advise a date for the Working Bee to do the footings.

**Target face rotation** – It looks like the rotation of the faces on the target butts has paid off. Bad weather Friday 31<sup>st</sup> and the faces seem to have mostly survived.



### A little bit more Paringa History

In the last newsletter we saw how Paringa had secured a rent-free ground at the rear of St Leonards Hall, and that adult target fees had increased to the grand sum of 5 cents by March 1965.

One popular event that had been established in the mid 60's was the commencement of postal shoots. In Tasmania this was the Apple Isle shoot and others were available with Adelaide, Western Australia, Toowoomba, Darwin and Mt Isa. In fact, the Silver Leprechaun postal shoot with Bunbury Club in WA only just saw its final event in 2023!

By 1966 a good deal of publicity promoted the sport of archery locally, with members scores being posted in the Examiner each week, and a 15-minute TV talk given by Murray Frith and Barry Berwick covering all aspects of archery. Other media publicity involved a ½ hour time slot allocated on 7LA radio in 1969.

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If you would like to contribute articles to this newsletter, please email by the last Sunday of each month to:  
[vicepresident@paringaarchers.org.au](mailto:vicepresident@paringaarchers.org.au)  
Editor: Peter Mulholland

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In case you were wondering about those 5 cent target fees, there was a massive increase between 1965 and 1970. Fees for the State Target Championships were now 50c for Adults and 30c for Juniors!

In 1972 a 50-acre field ground was loaned to the club at Hadspen. Although a benefit to the club, this ground had some challenges as the targets were being eaten by cattle!

Just to show how diverse archery is, Murray Frith proposed Flight shooting to be included in all Paringa championships. Flight is where you shoot an arrow as far as it can travel, and a flight range is typically 800-900 metres long! Some novelty shoots were also taking place, with archery golf one of these. This was conducted at Deloraine golf club.

Unfortunately, by 1975, the ground at St Leonards was posing the same long-term threats as the original Royal Park ground, in that other sporting clubs began sharing the land and club rooms, including equestrian, cycling and soccer. By 1977 St. Leonards council began looking for other grounds for the archery club. One of the suggestions was Elphin showgrounds.

Although a time of uncertainty, this also paved the way to the excellent grounds where Paringa is today.

## Competition News

### Paringa Indoor QRE May 8

Another successful indoor QRE saw some respectable scores yet again. Graeme Barber added to his collection of scores above 400, and Trevor once more shot above 500 with his barebow. Mind you, in the following weekly Wednesday night shoot, Trevor managed a 514 - he will be matching the compound scores if he keeps this up!

### Second Saturday shoot – Paringa

A good turnout of 16 archers saw varied 720 rounds from 20m to 50m being shot. Some very respectable scores being shot by all. Stand outs for the day included Jeff Green with an Elite Silver compound score and Todd with an Elite Gold. Trevor had a bit of competition in the Barebow Recurve division with Mike Campbell visiting from Moorabin Archery Club in Victoria. Both shot Gold scores. Everyone else shot pretty good as well, with most of the average arrow scores being in the red or above.

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## Paringa Northern Indoor May 25/26

Archers from across the state braved a chilly start to both Saturday and Sunday to compete in the Paringa Northern Indoors conducted over May 25 and 26. Those overhead heaters certainly were appreciated, although Judah from Van Diemen Archers definitely had the advantage of height over everyone else!



Six archers held the banner for Team Paringa and their results are:

Todd Bowerman	1 <sup>st</sup> Open Male Compound
Rick Coulter	3 <sup>rd</sup> Open Male Compound
Trevor Curran	1 <sup>st</sup> Open Male Barebow Recurve
Jeffrey Green	1 <sup>st</sup> 60+ Male Compound
Jeff Garner	3 <sup>rd</sup> 60+ Male Recurve
Peter Mulholland	1 <sup>st</sup> 60+ Male Barebow Recurve

Overall results can be found on Archers Diary.

Congratulations and well done to all who competed.



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## Upcoming competitions

Burnie Archery Club will be conducting the Northwest Indoors on the 22th and 23th June, Registration and Info is available on Assemble Sports here. <https://account.archery.assemblesports.io/finder?id=3001328>

Van Diemen Archers will be conducting the National & AST Indoor Championships on the 6th & 7th July. The event will be held at Paringa Archers and the **closing date for entries is the 6th June**. Registration is available on Assemble Sports here. <https://account.archery.assemblesports.io/finder?id=3002622>

Don't forget you must create an account on Assemble Sports to register for events where registration is via Assemble Sports and also to renew your membership or to update your membership details. The link to create an account is here <https://account.archery.assemblesports.io/login>

## Social shoots

### Monthly social shoot

Finally, someone has broken the elusive 500 round in the monthly social shoot, and not only once, but twice! Congratulations to Trevor Curran with his 508 and 504.

That barebow recurve class has certainly grown in the social shoot, of the 14 archers 10 were BBR, with 3 longbow and Jeff representing recurve. Looks like Paul is hedging his bets shooting both longbow and BBR.

### Mini Clout

Always a popular event, eleven archers competed in the mini clout. Karen takes the guernsey this time, just missing the elusive 300 by one point in each mini clout round!

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## Paringa Decathlon

### **Paringa Archers Decathlon**

**Saturday June 29th, 2024**

**Practice 11am - Round 1, 11:30am**

**Lunch, Sausage Sizzle.**

**Round 2, 1:30**

**Shotgun Start**

**10 different targets, 6 arrows per target  
2 archers per target.**

**Flu Flu arrows and blunts will be provided where required.**

**Bare Bow Recurve or Longbows, maximum 40lb**

**Club bows available if you need them.**

**Distances mostly 30mtrs or less,**

**Variety of targets to test your skills including:**

**2 variations of Popinjay targets & other targets**

**Featuring the "wheel"**

**Come and test yourself and have some fun.**

**Registration, please text Roger 0458596310 or email**

**[rogeremery@bigpond.com](mailto:rogeremery@bigpond.com)**

**Medals for 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> awarded on the day.**

**Look forward to seeing you there.**



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## Editor's Notes

One topic it is difficult to find any accurate history on is that of the arrow rest, yet it is such an important feature in being able to shoot accurately.

Early bows did not have any form of rest other than the archers bow hand. The arrow simply sat on top of the hand supported by the knuckles or the forefinger. Of course, this required some sort of protection, especially since arrows were made of wood, and even feathers can cause injury if they pass quickly over the hand. Often some form of leather glove was worn to help protect the bow hand. You might even see these in use today by archers who chose to shoot true traditional bows. The picture opposite is one of an ancient Egyptian bow. Although the bottom of the bow is missing you can see there is no arrow rest as such. Of interest also in this picture is the quiver behind the bow. This is about 4 foot long, so arrows themselves must have been some length!



Probably one of the earliest forms of arrow rest was something called a Siper, which was attached to the bowhand's wrist and thumb and contained a shelf on which the arrow would rest. This was thought to be an early over-draw, possibly coming into use sometime in the 16<sup>th</sup> century and used in Turkish flight archery. This allowed the use of a very short arrow to be drawn and shot long distance – around 800m!



It is difficult to pin down when traditional bows started to be cut away toward the centre to allow the arrow to rest on the bow rather than the archers hand. Take a look at the club longbows that have this cutaway, proper terminology for these bows is probably more accurately American flat bow rather than longbow.



Although 'longbows' can often have padded shelves on which the arrow sits, stick on rests began to appear as late as the 1950s and became more popular from the 1960's. One of the best of these was the Hoyt Pro rest which was patented in 1962. With the advent of the pressure button these stick-on rests were made with holes or cutaway sections to allow for the button to pass through. For additional tuning ability some rests could also be stuck on moveable plates to allow movement left and right. Such good scores were shot with these stick-on rests they are still in use in one form or another today. Although, even with stick on rests I can still remember some archers who simply stuck a nail in the riser of the bow to act as a rest!

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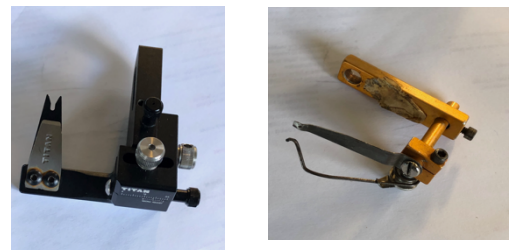
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To improve arrow clearance, the 'flipper' rest came into being in the late 60's or early 70's and rather than a plastic arm to support the arrow they had a spring-loaded arm that would flip out of the way as the arrow passed. Many of today's recurve arrow rests incorporate this design and the more expensive ones have some sort of adjustability built in.



With the advent of the compound bow arrow rests became a lot more adjustable. With finger shooters the arrow might only stay on the rest for a brief time after release, with compound release aid shooters the arrow can stay on the rest until it leaves the bow. Not only can the compound rest be moved left or right, up and down, but the pressure of the up down movement can be altered. Just like a pressure button.



For better arrow clearance, some compounders also shoot drop away rests which will drop out of the way when the arrow is released. These are usually operated by a cord attached to one of the cables or limbs. When the bow is drawn back the rest is pulled into position and drops when the bow is let down or shot.



One other form of drop away rest is the inertia rest. These are usually held upward by magnets or springs and the vibration of the arrow or bow on release causes the magnetic/spring force to break and the rest to drop. These can also be shot on recurve bows, especially when shooting barebow. Some people find them very accurate, but, like any good equipment they need to be set up correctly and may need a bit of patience.

Quite a deal more can be said about arrow rests. But suffice to say there is nothing wrong with keeping it simple – probably not as simple as the nail through the side of the bow though!

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## Scheduled Events

Scheduled Paringa activities						
Day	Morning	Team	Afternoon	Team	Evening	Team
1 <sup>st</sup> Wednesday			Club 90 arrow shoot	Karen Neil	Come N Try, Coaching	Jeff Garner Clint Freeman
1 <sup>st</sup> Saturday	Social shoot		Social shoot	Roger Emery Dean Emery		
2 <sup>nd</sup> Wednesday					Club Indoor 18m	Jeff Garner
2 <sup>nd</sup> Saturday	Come N Try	Alex Johnston (Dos) Trudy Johnston John Dodos Emma Hutchinson	Club 72 arrow shoot	Jeff Garner		
3 <sup>rd</sup> Wednesday					Club Indoor 18m	Jeff Garner
3 <sup>rd</sup> Saturday	Mini Clout		Mini Clout	Roger Emery Dean Emery		
	Coaching		Coaching	Jeff Garner		
4 <sup>th</sup> Wednesday					Club Indoor 18m	Jeff Garner
4 <sup>th</sup> Saturday	Come N Try	Dean Emery (Dos) Debbie Draeger Tony Delphin Brian Swinton Peter Mulholland	Club 90 arrow shoot	John Dodos		
5 <sup>th</sup> Wednesday					Club Indoor 18m	Jeff Garner
5 <sup>th</sup> Saturday			Decathlon shoot	Roger Emery Dean Emery		



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## Other Calendar Events for June

All entries via Archers Diary

June 12 Indoor QRE Paringa

June 19 Indoor QRE Burnie

**Clint Freeman**  
**Strings**

Clint Freeman strings are made from the highest quality products from BCY fibers. With over 20 years of stringmaking experience, Clint Freeman strings have accumulated in excess of 50 National titles, 2 World titles, multiple international podium finishes, 15 World records plus countless National and State records.

To help reduce any annoying prep rotation or stretch, Clint Freeman strings are constructed under incredibly high tension.

**STRINGS and CABLES**

RECURVE - \$40 (made from "8123")

COMPOUND - \$40 (made from "X" and "8190")

**Mathews solo-cam compound string - \$80**

**COMPOUND STRING/CABLE SET (5 total)**  
(please allow one week)

**\$115**

**STRING/CABLE FITTING**

(This includes cam timing, draw length set and centre serving to suit nocks)

**\$80**

Colours currently available in "8123": Black

Colours currently available in "X": Black, Flo Yellow and Flo Green

Colours currently available in "8190": Black, Blue and Buck Skin

Please contact Clint Freeman by  
email: [freemancint@hotmail.com](mailto:freemancint@hotmail.com) or mobile: 0467299051 to discuss your string needs.

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