



# Blandy-Jenkins Archers

## Guide For Prospective Members and those who have always wanted to try Archery

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### Blandy-Jenkins Archers – The Club

We are a friendly, target archery club located in Llanharan, South Wales affiliated to Archery GB, the Welsh Archery Association (WAA) and the Glamorgan Archery Association(GAA).

We shoot target Recurve Compound, Barebow and Longbow and a few of us also do field archery.

We are around 65-70 members, with a range of members - male and female, from 8 and 9 years old to well past retirement, at all levels of ability. There are several Level 1 qualified coaches, 2 Level 2 coaches and a level 3 County Coach.

The club runs Have-A-Go sessions on an as-required basis – please enquire via the web-site or if you can, why not call in on any of the Shooting Nights below and have a chat.

Beginners' Courses are run throughout the year. These are always popular and many attendees subsequently join the club, but this is by no means the only way to join.

We are always willing to accept 'mature' archers who may have returned to archery after a break or who may have done a Beginner's Course elsewhere. The club has seen many raw beginners improve greatly and go on to represent Wales, at all levels. We have an exciting mix of competitive archers and those who prefer to shoot on a more informal basis.

There's free Wi-Fi inside the clubhouse – and the smiles are free too, especially from the coaches 😊.

### Shooting Nights

We shoot at the Llanharan Community Hall and on the Rugby/Football fields immediately outside.

The Club shooting sessions are:

Day	Time	Notes
Monday	6:00pm to 9:00pm	Inside in Winter (1 <sup>st</sup> Oct to 30 <sup>th</sup> April) and outside in Summer, weather permitting
Tuesday	6:00pm to 9:00pm	<b>Juniors only</b> Inside in Winter (1 <sup>st</sup> Oct to 30 <sup>th</sup> April) and outside in Summer, weather permitting
Hi Lynn, Friday	6:00pm to 9:00pm	Inside in Winter (1 <sup>st</sup> Oct to 30 <sup>th</sup> April) and outside in Summer, weather permitting
Sunday (and all Bank Holidays)	1:00pm to 4:00pm	Inside in Winter (1 <sup>st</sup> Oct to 30 <sup>th</sup> April) and outside in Summer, weather permitting

When time allows, maybe once a month, we like to shoot a recognised, formal round, to competition standard. This shoot is a more formal event with archers shooting to try to improve their handicaps and classifications.





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### Directions

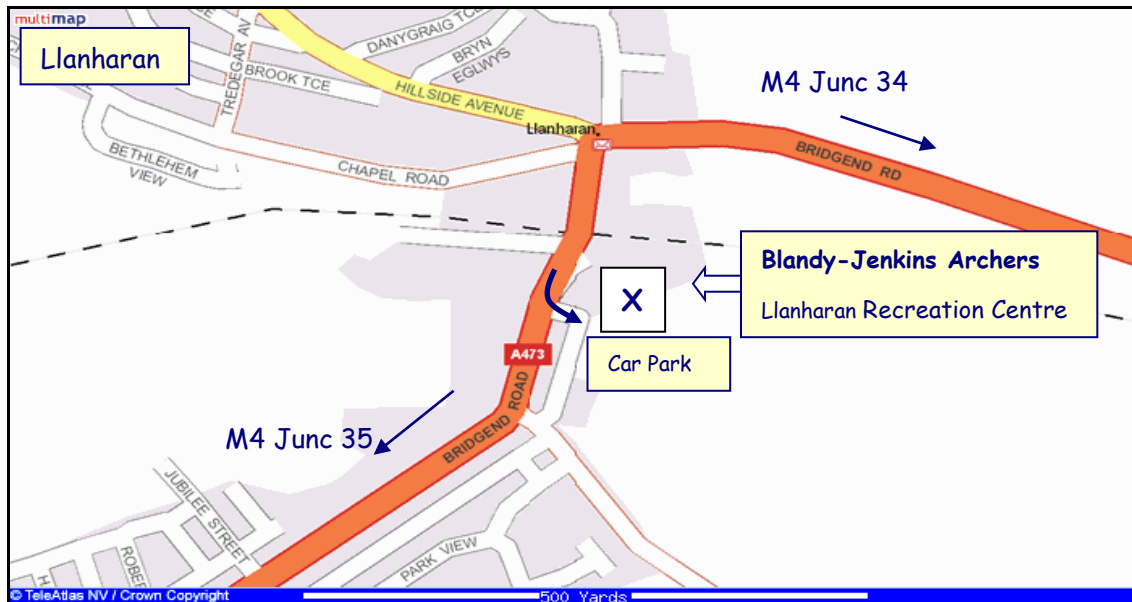
#### From Junction 34 on the M4

At the motorway roundabout, take the A4119 towards Llantrisant. At the next roundabout, turn left onto the A473 for Bridgend. Stay on the A473 following signs for Bridgend / Llanharan. Once in Llanharan, the field is the 1<sup>st</sup> turning left over the railway bridge.

#### From Junction 35 on the M4

Follow signs for A473 North 'Pencoed & Llantrisant'. Follow Pencoed by-pass (dual carriage way) to Pencoed College roundabout. From here follow signs for A473 Llantrisant or Talbot Green, until you come to Llanharan then follow the schematic below for shoot location.

<http://maps.google.co.uk/maps?f=q&hl=en&geocode=&q=Llanharan&ie=UTF8&ll=51.535658,-3.44121&spn=0.023278,0.056047&z=14>





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### Background and History

#### Formation of the club.

In early 2004 following a meeting between Paul Curtis, Alan Grimshaw and Gill Richards a decision was made to run a beginners' course in the Llanharan Community Hall. Following the success of this course a committee was elected and the **Blandy-Jenkins Archers** were officially formed on 10<sup>th</sup> May 2004.



*(picture taken around 1862 ☺)*

#### *The first BJA Committee*

The club name was chosen in honour of the Blandy-Jenkins family who had donated the land on which the Community hall and playing fields are situated. Professor John Blandy CBE FRCS kindly accepted our offer to him to be club patron.

Many of the club members, at both junior and senior level, have had success at local and national competitions.

At the first club AGM held on the 10<sup>th</sup> May 2005 the Club Constitution was agreed.

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### At the Club

We are a Target Archery Club and we shoot 4 main types of bow –

#### *Recurve (the bow used at the Olympics)*

A **recurve bow** is a bow with limbs that curve away from the archer when unstrung. A recurve bow stores more energy and delivers energy more efficiently than the equivalent straight-limbed bow, giving a greater amount of energy and speed to the arrow.

A recurve bow use advanced technologies and materials. The limbs are usually made from multiple layers of fiberglass, carbon and/or wood on a core of carbon foam or wood. The riser (the centre section of the bow) is generally separate and is constructed from wood, carbon, aluminium alloy or magnesium alloy.

We have a club member who is a triple world champion in Field Archery.



*This is the most common bow used in the club.*

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#### *Compound Bow*

First developed in 1966, a **compound bow** is a modern bow that uses a levering system, usually of cables and pulleys, to bend the limbs. This is a more powerful bow than the recurve; the power of the bow is stored in the pulley system.

A bow's central mount for other components such as the limbs, sights, stabilizers and quivers is called the riser. Risers are designed



*These bows are designed in such a way that the string is constantly under high tension; when the bowstring is drawn, the bow itself does most of*



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to be as rigid as possible. The central riser of a compound bow is usually made of aluminium, magnesium alloy, or carbon fibre.

Limbs are made of composite materials and are capable of taking high tensile and compressive forces. The limbs store all the energy of the bow – no energy is stored in the pulleys and cables. A draw weight generally falls between 10 and 60 pounds enabling arrow speeds of 150 to 380 feet per second (46 to 113 m/s).

*the work. Whereas a recurve bow might be between 20+lb and 40+lb at full draw, 50-60lb compound bows are not uncommon. However the archer has to draw only around 20-30lb making this a good choice for archers who may not have the strength to shoot recurve.*

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### Long Bow

A **longbow** is a type of bow that is tall—roughly equal to the height of the user, allowing the archer a fairly long draw, at least to the jaw. A longbow is not significantly recurved. Its limbs are relatively narrow so that they are circular or D-shaped in cross-section. Flatbows can be just as long; the difference is that, in cross-section, a flatbow has limbs that are approximately rectangular.

Longbows have been made from many different woods by many cultures; in Europe they date from the Palaeolithic, and since the Bronze Age were made mainly from yew. Modern longbows may also be made from modern materials or by gluing different timbers together.

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### Barebow

This type of bow is, effectively, a recurve bow without the extras of a sight, stabilisers, etc. It is an accurate system, based on sight and on string walking and requires a slightly different tuning of the bow.

There are several individuals in the club with Welsh, British, European and World medals, shooting Barebow.



If you need some inspiration, look through these quotes:

- *You'll miss 100 per cent of the shots you never take.*
- *Archery is not hard to understand until the arrow misses.*
- *Defeat is not the worst of failures. Not to have tried is the true failure.*





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- *The distance is nothing; it's only the first step that is difficult.*
  - *If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no.*
    - *If you don't step forward, you're always in the same place.*
  - *But you must be patient and careful; nor should you expect to become an accomplished archer without long and severe training.*
    - *The thing about archery is that everyone can do it and everyone can have a good day at it. You don't have to be an expert.*
  - *To be a great champion you must believe you are the best - if you're not, pretend to be one.*



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### Beginners' Courses

We hold these courses several times a year, depending on demand and plan to have them in October and March. Please contact the club via the web-site or call in to the club, to find out the latest information on courses and to book a place.

We can cater for disabled archers, but please let the coaches know at the start whether you have any particular difficulties.

All necessary equipment is provided by the club, which you can continue to use as a club member – we advise you not to rush into buying your own equipment, and to take advice on suitable bows/arrows/etc from the coaches.

Juniors (minimum age is 8) must be accompanied by a parent at all times.

Each course is held over 2 days, with 6 hours on a Saturday and 2 hours on the Sunday immediately before the Club session. There will be qualified coaches – DBS (CRB) cleared - (and maybe senior archers) present. The maximum per course is 10 (2 per target) and this can be a mix of juniors and seniors.

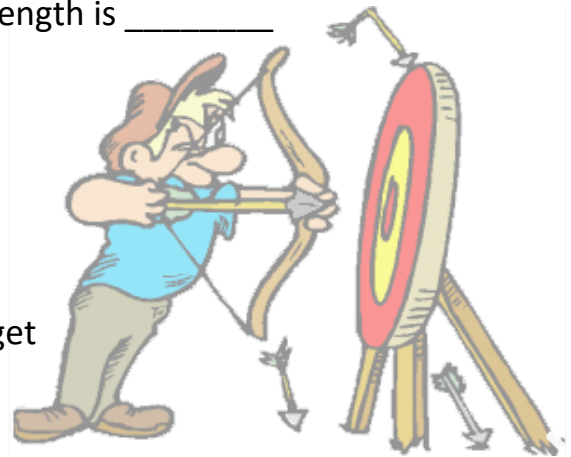
The cost is £35 (£40?). You will be required to pay this on the first day of the course.

The course is likely to take the following structure –

- Introduction
- Basic safety rules
- Kitting out with bow, arrows etc (please make a note of what you are using, to save time and be ready for the remainder of the course), eg

The bow I'm using is # \_\_\_\_\_ my arrow length is \_\_\_\_\_

- Demonstration of how to shoot a bow
- Start shooting at target 12 yards away
- Shooting at various distances
- Introduction into the use of sights
- Shooting, using sights, at various distances
- Shooting, with or without sights on a smaller target
- Introduction to scoring
- Assessment



For the course, any suitable clothing can be worn e.g. close fitting tops and sleeves (or sleeveless), trousers/skirts and comfortable foot-ware, suitable for shooting and



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walking (should be closed-toe e.g. no peep-toe shoes, open-toed sandals or flip flops).

Following the successful completion of the course, you will be given an application form to be completed if you wish to become a member of the club. Membership currently costs around £77 (seniors) and £25.50 (juniors and disabled), plus a monthly standing order of £12.50 (seniors) or £6.25 (juniors) which enables you to shoot at our club sessions – see 'Shooting Nights', above. These costs include affiliation to ArcheryGB, the Welsh Archery Association (WAA) and the Glamorgan Archery Association (GAA); membership of the club also allows you to go to any affiliated club in the UK to shoot as a visitor. You are also covered by ArcheryGB and Club insurance.

If you wish to subsequently join another club, the certificate issued will show that you have completed a recognised ArcheryGB training Course that has been run by qualified coaches.

### **'Have-a-Go's**

These can often be arranged on request where a suitable date can be arranged for you. The session takes about an hour and costs £4. It is designed to give you a taste of archery and if you enjoy it, the next step is a Beginner's Course (see above).

Please contact the club via the web-site or call in to the club, to find out the latest information on courses and to book a place.

Juniors (minimum age is 8) must be accompanied by a parent at all times.

These are held at the club, during a normal club shooting session. You will be shooting at around 10 yards, using club equipment.

