

# The “View from the Shed”



## ARROWS!!!

### Good Afternoon Archers.

As we head towards the autumn and the nights start to close in it is time to prepare for the “Indoor season”. For many of you this will merely be a check of your equipment, and possibly the replacement of some smaller items damaged or worn out by a hard summer of shooting.

However, for the new members of the club who joined the “archery fraternity” during the summer it is time to make one of the more expensive purchases of the year!! (Unless you have already splashed out on a bow)

Buying arrows is nowhere near as straight forward as you think! So, I am going to try to answer a number of questions, which are asked every year and explain some of the things that need to be taken into consideration before you part with your money.

The first question you need to ask yourself is related to you, not the arrows.



### How often have I shot since you completed your course?

This may not seem relevant but it is! Our courses are run as close to the beginning of the summer season as possible. The reason for this is to ensure that archers joining the club after the last course have at least six weeks of clear practise before we start to move indoors.

This will have given you time to work out if the bow you used during the course is underpowered, now you have started to master the technique and your muscles are starting to firm up.

We are often asked “Should be using a heavier bow?” Well the answer is unfortunately **you** are the only person who will know that. As a very loose rule of thumb if you can hold the bow at full draw (without shaking) for more than 30 seconds you probably need to increase your poundage. If you believe that you need to change your draw weight then I would suggest you increase it in two-pound steps. This may seem long winded, but it is a tried and tested way to progress for two big reasons.

By adding limb weight in small steps, you are far less likely to injure yourself drawing your bow, and it becomes apparent very quickly if you have over stretched the limits of your strength. The second reason is that as you start to reach the limits of your strength any style you have will start to slip away in the vain attempt to pull up a heavy bow and your accuracy will plummet. I know what some of you are thinking “I am a big guy I should easier be able to pull 30 plus pounds” What you have to take into consideration is everyone is built differently and you are actually holding your bow weight on your fingers.

# The “View from the Shed”

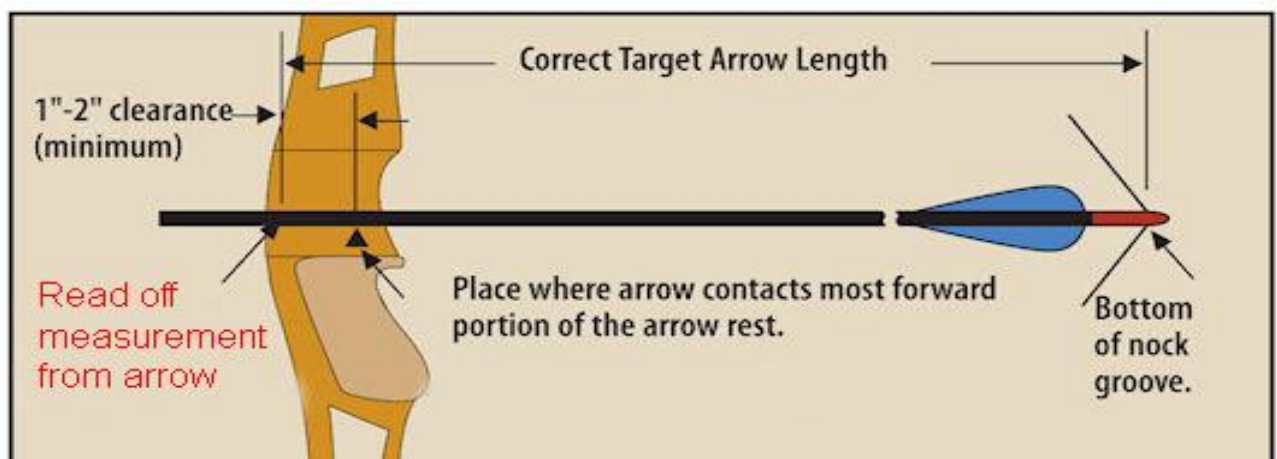


For example, the archer in the photo is Aida Roman of Mexico, a medal winner from the 2012 Olympics. She is a tiny young lady who stands just 5ft tall and weighs less than nine and a half stone unyet her draw weight is between 45 – 50lbs (it’s actually a secret) proving that it has everything to do with style and very little to do with strength.

Now assuming that you have finalised the bow you intend to shoot when we move indoor. You will now need a number of important pieces of information.

## So, what do you need to know?

- 1.1 Your Draw length (not the length of your borrowed club arrows). To work this out you need to assemble your bow and then shoot a couple of dozen arrows to ensure you are warmed up. Then with the assistance of a fellow archer and the measuring arrow which is stored in the arrow container you need to work out the length that you are drawing your arrows.
- 1.2 Standing in a location where you can draw the arrow without fear of an accidental loose causing an injury to your fellow archers. Draw the measuring arrow as if you were going to shot it at a target when you are at full draw and would normally loose ask your assistant to read off the arrow length in inches. You should then gentle reduce you draw length back to a position of rest, keeping the arrow pointing at the ground ahead of you.



- 1.3 Ask your assistant to record the measurement. You should now repeat the drawing of the measuring arrow at least twice more recording the measurement each time. If you draw is consistent then these readings should be very close if not the same. “Record” this measurement you will need it later in this process.
- 1.4 The next step is to work out your exact draw weight; this should also be done when you are warmed up. For this task you will need a set of bow scales, these come in two types digital and analogue.

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An analogue version is available in borrow in the tool kit in the equipment locker as is the measuring arrow.

Digital Version



Analogue (Spring) Version



- 1.5 Using a rubber band, or tape, mark the length of your draw on the measuring arrow.
- 1.6 We are now going to measure your actual draw weight on your fingers at full draw.

## For Digital Scales only

- 1.7 Switch on the scales and wait for them to zero now hold the scales in the palm of your hand with your fingers curved around the end, place the hook just below your nock points.



## For Analogue Scales Only

Hold the scales in the palm of your hand with your fingers curved around the finger bar, place the hook just below your nock points. place the hook just below your nock points.



- 1.8 Nock the measuring arrow and draw the bow slowly and steadily, ask your assistant to tell you when the rubber band or tape on the arrow has been drawn level with the front edge of your riser. Now gently release you draw (without releasing the measuring arrow).  
Read and record the poundage indicated on the scales. Repeat this process twice more to confirm the poundage.
- 1.9 At this point you can put away all of the equipment as you have the two important figures, your draw length and draw weight.

# The “View from the Shed”



1.10 Now turn to the back pages of the Quicks catalogue where you will find the Arrow selection charts.

The first chart you need will look like this.

Correct Arrow Length for Target • Field • 3D											RECURVE BOW Bow Weight - lbs. Finger Release
22½" (57.2 cm)	23½" (59.7 cm)	24½" (62.2 cm)	25½" (64.8 cm)	26½" (67.3 cm)	27½" (69.9 cm)	28½" (72.4 cm)	29½" (75.0 cm)	30½" (77.5 cm)	31½" (80.0 cm)	32" (81.3 cm)	
23" (58.4 cm)	24" (61.0 cm)	25" (63.5 cm)	26" (66.0 cm)	27" (68.6 cm)	28" (71.1 cm)	29" (73.7 cm)	30" (76.2 cm)	31" (78.7 cm)	32" (81.3 cm)	32½" (82.5 cm)	
00	01	02	03	T1	T2	T3					17-23 lbs. (7.7-10.4 kg)
01	02	03	T1	T2	T3	T4	T5				24-29 lbs. (10.9-13.2 kg)
02	03	T8	T2	T3	T4	T5	T6	T7			30-35 lbs. (13.6-15.9 kg)
03	T1	T2	T3	T4	T5	T6	T7	T8	T9		36-40 lbs. (16.3-18.1 kg)
T1	T2	T3	T4	T5	T6	T7	T8	T9	T10		41-45 lbs. (18.6-20.4 kg)
T2	T3	T4	T5	T6	T7	T8	T9	T10	T11		46-50 lbs. (20.9-22.7 kg)
T3	T4	T5	T6	T7	T8	T9	T10	T11	T12		51-55 lbs. (23.1-24.9 kg)
T4	T5	T6	T7	T8	T9	T10	T11	T12	T13		56-60 lbs. (25.4-27.2 kg)
T5	T6	T7	T8	T9	T10	T11	T12	T13	T13		61-65 lbs. (27.7-29.5 kg)
T6	T7	T8	T9	T10	T11	T12	T13	T13	T14		66-70 lbs. (29.9-31.8 kg)
T7	T8	T9	T10	T11	T12	T13	T13	T14			71-76 lbs. (32.2-34.5 kg)

1.11 For the purposes of this document I will say that my draw length is 28.5 inches and draw weight is 25 pounds.

1.12 Now using the second chart (shown below) we locate the closest arrow length across the top and the poundage you are holding on your fingers (not your limb weight) down the right-hand side.

Following the arrow length column down until it meets the poundage line as shown below and record the “T” number ringed in blue.

Correct Arrow Length for Target • Field • 3D											RECURVE BOW Bow Weight - lbs. Finger Release
22½" (57.2 cm)	23½" (59.7 cm)	24½" (62.2 cm)	25½" (64.8 cm)	26½" (67.3 cm)	27½" (69.9 cm)	28½" (72.4 cm)	29½" (75.0 cm)	30½" (77.5 cm)	31½" (80.0 cm)	32" (81.3 cm)	
23" (58.4 cm)	24" (61.0 cm)	25" (63.5 cm)	26" (66.0 cm)	27" (68.6 cm)	28" (71.1 cm)	29" (73.7 cm)	30" (76.2 cm)	31" (78.7 cm)	32" (81.3 cm)	32½" (82.5 cm)	
00	01	02	03	T1	T2	T3					17-23 lbs. (7.7-10.4 kg)
01	02	03	T1	T2	T3	T4	T5				24-29 lbs. (10.9-13.2 kg)
02	03	T8	T2	T3	T4	T5	T6	T7			30-35 lbs. (13.6-15.9 kg)
03	T1	T2	T3	T4	T5	T6	T7	T8	T9		36-40 lbs. (16.3-18.1 kg)
T1	T2	T3	T4	T5	T6	T7	T8	T9	T10		41-45 lbs. (18.6-20.4 kg)
T2	T3	T4	T5	T6	T7	T8	T9	T10	T11		46-50 lbs. (20.9-22.7 kg)
T3	T4	T5	T6	T7	T8	T9	T10	T11	T12		51-55 lbs. (23.1-24.9 kg)
T4	T5	T6	T7	T8	T9	T10	T11	T12	T13		56-60 lbs. (25.4-27.2 kg)
T5	T6	T7	T8	T9	T10	T11	T12	T13	T13		61-65 lbs. (27.7-29.5 kg)
T6	T7	T8	T9	T10	T11	T12	T13	T13	T14		66-70 lbs. (29.9-31.8 kg)
T7	T8	T9	T10	T11	T12	T13	T13	T14			71-76 lbs. (32.2-34.5 kg)

Now you have the “T” number you have identified the group of arrows most suited for you and your bow.



# The "View from the Shed"

You now move to a third chart (show below) which gives details of the individual arrows in your "T" group.

Size	Spine	Model	Weight Grs/inch	Wt @29"	Size	Spine	Model	Weight Grs/inch	Wt @29"	Size	Spine	Model	Weight Grs/inch	Wt @29"	Size	Spine	Model	Weight Grs/inch	Wt @29"
<b>Group 00</b>					<b>Group 01</b>					<b>Group 02</b>					<b>Group 03</b>				
1214	2.501	75	5.9	171	2-00	1.500	A/C/G	4.7	136	1250	1.250	A/C/E	5.1	148	1100	1.100	A/C/E	5.1	148
1413	2.036	75	5.9	171	1500	1.500	A/C/G	4.7	136	1300	1.300	A/C/G	5.1	148	1150	1.150	A/C/G	5.5	160
					1416	1.684	75	7.1	206	3L-00	1.300	A/C/C	5.1	148	3-00	1.150	A/C/C	5.5	160
					1516	1.402	75	7.3	212	1514	1.379	X7	6.8	197	1614	1.153	X7	6.8	223
<b>Group T1</b>					<b>Group T2</b>					<b>Group T3</b>					<b>Group T4</b>				
*920-1000R	0.920-1.000	A/C/E	5.8	168	*780-850R	0.780-0.850	A/C/E	6.0	174	*720-780R	0.720-0.780	A/C/E	6.4	186	*670-720R	0.670-0.720	A/C/E	5.9	171
*900-1000R	0.900-1.000	X10	5.8	168	*750-830R	0.750-0.830	X10	6.4	186	*700-750R	0.700-0.750	X10	6.7	194	*650-700R	0.650-0.700	X10	6.8	197
*880-1000R	0.880-1.000	A/C/G	5.9	171	770	0.770	ProTour	6.0	174	720	0.720	ProTour	6.2	181	670	0.670	ProTour	6.5	188
2L-04	1.020	A/C/C	6.1	177	*810-880R	0.810-0.880	A/C/G	6.1	177	*710-810R	0.710-0.810	A/C/G	6.5	189	*660-710R	0.660-0.710	A/C/G	6.9	200
2-04	0.920	A/C/C	6.5	189	2-04	0.920	A/C/C	6.5	189	3X-04	0.830	A/C/C	6.7	194	3L-04	0.750	A/C/C	7.0	203
900	0.900	Carb1	5.3	155	810	.810	Carb1	5.8	168	3L-04	0.750	A/C/C	7.0	203	3-04	0.680	A/C/C	7.2	209
1713	1.044	75	7.4	213	1714	0.963	X7	8.1	235	730	0.730	Carb1	6.0	174	660	0.660	Carb1	6.6	193
1714	0.963	X7	8.1	235	1716	0.880	75	9.0	261	1813	0.874	75	7.9	229	1913	0.733	75	8.3	241
1616	1.079	75	8.4	244						1814	0.799	X7	8.6	249	1914	0.658	X7	9.3	270
										1816	0.756	75	9.3	270					
<b>Group T5</b>					<b>Group T6</b>					<b>Group T7</b>					<b>Group T8</b>				
*620-670R	0.620-0.670	A/C/E	6.1	177	*570-620R	0.570-0.620	A/C/E	6.3	183	*520-570R	0.520-0.570	A/C/E	6.7	194	*470-520R	0.470-0.520	A/C/E	6.8	197
*600-650R	0.600-0.650	X10	7.0	203	*550-600R	0.550-0.600	X10	7.5	218	*500-550R	0.500-0.550	X10	7.8	226	*450-500R	0.450-0.500	X10	8.1	235
620	0.620	ProTour	6.7	194	570	0.570	ProTour	6.9	201	520	0.520	ProTour	7.3	210	470	0.470	ProTour	7.6	220
*610-660R	0.610-0.660	A/C/G	7.3	212	*540-610R	0.540-0.610	A/C/G	7.7	223	*540-610R	0.540-0.610	A/C/G	7.7	223	*480-540R	0.480-0.540	A/C/G	8.4	244
3-04	0.680	A/C/C	7.2	209	3L-18	0.620	A/C/C	7.5	218	3-18	0.560	A/C/C	7.8	226	3-28	0.500	A/C/C	8.1	235
660	0.660	Carb1	6.6	193	600	0.600	Carb1	6.9	201	3-28	0.500	A/C/C	8.1	235	3-39	0.440	A/C/C	8.6	249
2013	0.610	75	9.0	261	500	0.500	LSpd	6.5	189	550	0.550	Carb1	6.9	201	500	.500	Carb1	7.4	213
1914	0.658	X7	9.3	270	500	0.500	FB	7.1	206	500	0.500	LSpd	6.5	189	500	0.500	LSpd	6.5	189
1916	0.623	75	10.0	290	2013	0.610	75	9.0	261	500	0.500	FB	7.1	206	500	0.500	FB	7.1	206
					2014	0.579	X7	9.6	278	2212	0.505	X7	8.8	255	2212	0.505	X7	8.8	255
					1916	0.623	75	10.1	293	2114	0.510	X7, 75	9.9	287	2213	0.460	X7, 75	9.9	287
										2016	0.530	75	10.6	307	2114	0.510	X7, 75	9.9	287
															2115	0.461	75	10.8	313

1.13 You can ignore all the other arrow details except those listed in your "T" Group. In the case of the example this is group is T2.

Each row represents a single arrow type / model giving details of the size, spine and weight.

All of those details I will explain in another "View from the Shed" For today exercise we are only interested in the model information

The arrows are ordered from top to bottom the top row being the most expensive and the bottom being the cheapest.

Size	Spine	Model	Weight Grs/inch	Wt @29"
<b>Group T2</b>				
*780-850R	0.780-0.850	A/C/E	6.0	174
*750-830R	0.750-0.830	X10	6.4	186
770	0.770	ProTour	6.0	174
*810-880R	0.810-0.880	A/C/G	6.1	177
2-04	0.920	A/C/C	6.5	189
810	.810	Carb1	5.8	168
1714	0.963	X7	8.1	235
1716	0.880	75	9.0	261

## Key to the acronyms

<b>A/C/E</b>	Aluminum/Carbon/Extreme	<b>R</b>	The size recommendations for recurve bows are indicated with a letter "R" next to the size.
<b>X10</b>	X10 Shafts (Aluminum/Carbon)	<b>Size</b>	Indicates suggested arrow size
<b>ProTour</b>	X10 ProTour Shafts (Aluminum/Carbon)	<b>Spine</b>	Spine of arrow size shown (static)
<b>A/C/G</b>	A/C/G (Aluminum/Carbon)	<b>Model</b>	Designates arrow model
<b>A/C/C</b>	Aluminum/Carbon/Composite	<b>Weight</b>	Listed in grains per inch
<b>Carb1</b>	Carbon One		
<b>LSpd</b>	LightSpeed & LightSpeed 3D		
<b>FB</b>	FatBoy		
<b>FBORE</b>	Full Bore		
<b>X7</b>	X7 Eclipse (7178-T9 alloy)		
<b>75</b>	XX75: Platinum Plus, Blues, Jazz and Neos (7075 alloy)		
			<b>* When two sizes are listed together, the weight listed is for the first shaft.</b>

# The “View from the Shed”



1.14 Now before we get side tracked, back to the Group T2 chart. Unless you have money to burn I would suggest that you buy “75” type of arrow. Ringed in red; however, whichever arrows you chose to buy you need two pieces of information from this chart. One is the type and the second is the arrow size. For the example that is **1716 & 75**.

1.15 If you decide to buy the “75” model of arrow there are a number of arrow styles these include Jazz, Blues and Neons. All of these arrows will meet your requirements.

That said I would recommend that you chose the XX75 Platinum Plus these arrows are slightly more expensive, but are considerably better made and far more robust.

1.16 You now have most of the information you need to order your arrows over the internet or by phone.

Every shop will ask the same basic questions when you place your order.

- a. The length of the arrow (noted in 1.3 )
- b. Arrow Size & Type (explained in 1.14)

Some will also ask

- c. Which Nock type you want. In most cases you should chose “G nock”.



**G Nocks**



**Super Nocks**

There are some arrows for which G nock are not available and you should choose “Super Nocks”.

The reason for these choices is simply these nocks are easy to replace or change if damaged and come in a number of colours.

You may also be asked to choose

- d. Fletching type. For your first arrows stay with the straight forward flexible plastic fletching you have been using at the club. Later on, you can experiment with sharks tooth, spin-wing, progas, goose feather or even heat shrunk until your heart is content!!
- e. These are usually offered in three the standard sizes



**EP16 1.3/4 inches**



**EP23 1.3/8 inches**



**EP26 1.7/8 inches**

# The “View from the Shed”



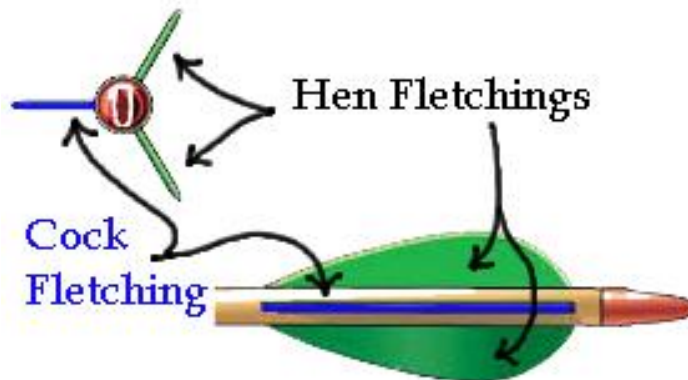
“Now which do I choose”? I hear you say! Well EP16’s are the shortest and have the lowest profile and as a rule these are used to shoot the longer distances outdoors because they are less affected by crosswinds.

At the other end of the scale EP26’s are long and tall and these are used to best effect when shooting indoors. The reason for that is you want your arrows to straighten out as quickly as possible over the shorter indoor ranges (And of course there are no crosswinds to affect them)

I still haven’t actually answered the question, but if given the choice it would seem sensible to start with EP23’s and have fletching’s that can be used for both indoor and outdoor shooting.

And of course, fletching colours and sizes can be changed at a whim.

- f. The colours of fletching’s. Remember one colour for the cock fletch and second for the hen fletching’s.



- g. And at last. The point type. For the moment I would stick, if at all possible, with the standard one-piece tip/pile. These are the cheapest and easiest to fit.



## 1.17 Some final word of advice:

- a. Arrows generally come in set of 8 or 12. As we shoot 3 at a time indoors (with a spare for bouncers) and 6 at a time outdoors (with a spare) so there is no need to buy 12 arrows. Unless of course you plan to knock off handfuls of fletching every time you shoot!! When the extra arrows may come in handy.

**A word of warning. Make sure you order complete arrows and not just the shafts. Many senior archers make up their arrows from the component parts. So double check especially if the price is considerably less than the other prices you have seen.**

- b. Remember to order some spare fletching’s of the colours to match your arrows, glue to apply them and 2 or three nocks as these sometimes get damaged when shooting at close ranges
- c. And the very last thing something to carry your arrows in, as the school objects to us hammering bow stands in to their parquet flooring in the gym!!!!

# The “View from the Shed”



I am happy to give advice to anyone who wants it. If you are unsure just ask me or a coach or senior archer, it could save you a lot of time and money!!!!

1.18 Although I have used Quicks as the example company there are many other suppliers you can get better deals from, a sample of their website addresses is listed at the end of the document.

Company Name	Link to Website
Quicks	<a href="https://www.quicksarchery.co.uk/superbasket/index">https://www.quicksarchery.co.uk/superbasket/index</a>
Alternative Sporting Services	<a href="http://www.altservices.co.uk/">http://www.altservices.co.uk/</a>
Archery World	<a href="http://www.archeryworld.co.uk/">http://www.archeryworld.co.uk/</a>
Centre Shot	<a href="http://www.centreshot.co.uk/">http://www.centreshot.co.uk/</a>
The Archery Company	<a href="http://www.thearcherycompany.com/shoponline.asp">http://www.thearcherycompany.com/shoponline.asp</a>
Perris	<a href="http://www.perrisarchery.co.uk/">http://www.perrisarchery.co.uk/</a>
Merlin	<a href="http://www.merlinarcherycentre.co.uk/">http://www.merlinarcherycentre.co.uk/</a>
Aim 4 Sport	<a href="http://www.aim4sport.com/">http://www.aim4sport.com/</a>
Aardvark	<a href="http://www.aardvarkarchery.co.uk/">http://www.aardvarkarchery.co.uk/</a>
Clickers	<a href="http://www.clickersarchery.co.uk/">http://www.clickersarchery.co.uk/</a>
Bowsports	<a href="http://www.bowsports.com/">http://www.bowsports.com/</a>
Chiltern	<a href="http://www.chilternonline.com/">http://www.chilternonline.com/</a>

Good shooting and stay dry

Ian E  
Ex Bowyer