

# Suggested Timber Arrow Spines for Border Bows

The AMO spine recommendations have been around for decades, meanwhile bowstring and bow-limb technology has advanced considerably making the standards obsolete. We have tried to offer a starting point for arrow selection when trying to match your arrows to your new Border recurve bow if it falls below 62" in overall length. Archers and their shooting techniques differ from one to another and some manage good results from weaker shafts and others get better results from stiffer arrows. The chart below offers a good starting point from which to start your experiments

<b>Recommended timber arrow spines</b>								
For bow lengths BD Swift 58 to 60" and BD 60 to 62"								
<b>A</b>	100+	85	80	75	70	65	65	60
<b>M</b>	95/100	80	75	70	65	65	60	60
<b>O</b>	90/95	75	70	65	65	60	60	55
	85/90	70	65	65	60	60	55	55
<b>S</b>	80/85	65	65	60	60	55	55	50
<b>P</b>	75/80	65	60	60	55	55	50	45
<b>I</b>	70/75	60	60	55	55	50	45	40
<b>N</b>	65/70	60	55	55	50	45	40	35
<b>E</b>	60/65	55	55	50	45	40	35	35
	55/60	55	50	45	40	35	35	30
<b>W</b>	50/55	50	45	40	35	35	30	30
<b>E</b>	45/50	45	40	35	35	30	30	
<b>I</b>	40/45	40	35	35	30	30		
<b>G</b>	35/40	35	35	30	30			
<b>H</b>	30/35	35	30	30				
<b>T</b>		26	27	28	29	30	31	32
		<b>Archers actual draw length inches</b>						

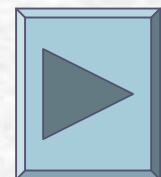
For recurves with bow lengths longer than 62" we would suggest starting with shafts 5lbs weaker in spine.

When looking at our range of longbows then select arrow shaft spines as follows:

Osprey and Hawk 10 to 15lbs less than stated.

Griffon longbows 5 to 10lbs less than stated.

Remember that these suggestions are only a starting point and the optimum spine can only be derived by experimentation.



# Suggested Arrow Weights for Border's Range of Traditional Bows

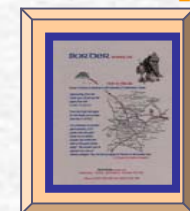
Arrow weight has always been an area for discussion. The trend towards lighter and lighter arrows combined with non-stretch lightweight strings adds significantly to the overall stress levels within any bow system. In recurve bows especially the limbs are subjected to very high stress levels during the shot. These excesses of stress are greater in recurve bows than in compounds since the limb tip is travelling at half the speed of the arrow compared to a compound where much of the speed is generated by the string wrapping around the cams or wheels. Care should be taken when choosing arrows

Border bows should withstand even the lightest arrows for the 12 month period of the guarantee however the use of excessively light arrows will probably shorten the useful life of your bow.

The chart left gives our suggestions of minimum arrow weight for any given bow-weight and draw-length.

These should be considered as absolute minimums if you expect your Border bow to give you years of trouble free shooting. These are minimums and your bow would prefer that you opt for arrows 10% to 15% heavier than the listings.

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		<b>Recommended absolute minimum arrow weights</b>						
<b>D</b>	<b>90</b>	725	750	780	805	835	860	890
<b>R</b>	<b>85</b>	680	705	730	755	785	810	835
<b>A</b>	<b>80</b>	625	650	675	695	720	745	770
<b>W</b>	<b>75</b>	565	590	615	635	655	680	700
	<b>70</b>	515	535	555	575	595	615	635
<b>W</b>	<b>65</b>	465	485	500	520	540	555	575
<b>E</b>	<b>60</b>	420	435	450	470	485	500	515
<b>I</b>	<b>55</b>	375	390	400	420	430	445	460
<b>G</b>	<b>50</b>	330	345	355	370	380	395	410
<b>H</b>	<b>45</b>	290	300	315	325	375	350	360
<b>T</b>	<b>40</b>	250	260	270	280	290	300	315
	<b>35</b>	215	225	230	240	250	260	265
<b>Lbs.</b>	<b>30</b>	180	185	195	200	210	215	225
		<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>
		<b>Archers actual draw length inches</b>						