



"Cold hands, warm radiator"

Editorial

It always surprises me the speed that the season changes, and how happy people seem when they realise they can shoot indoors. But then it dawns on them, that just two hours a week just isn't enough.

This is the last newsletter this year, so on behalf of the LAC committee, we wish you all a Merry Christmas and a Happy New Year.

Skittles

LAC does skittling

It was a cool October evening, when the Famous Five were unable to solve the mystery of how many can miss so many.



A fantastic evening, saw us pit ladies against gentlemen, team against team and the best lady and gentlemen. We saw several new characters appear. They were "Juan Sheet",

I think you had to be there! "Three lives Phil" held his own to be the outright winner of the night and finally Boots narrowly missed out against Marky Marc.



It was good to have non-archers there, and I do not think the word archery was even mentioned. The food was fantastic; curry, faggots and the chips were to die for.

So, if you you were not there, then do not miss our next outing.

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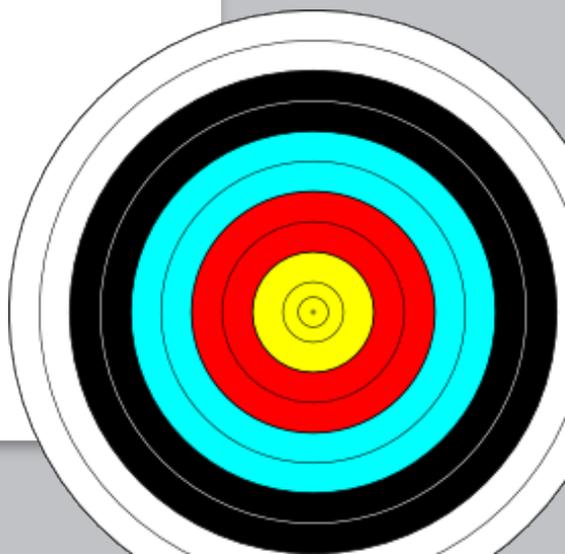
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LRCAA Shoots

December	11th	Worcester hosted by Foxes
January	8th	FITA18 hosted by welland Valley

Club Shoots

December	?	Portsmouth
	?	
January	21st	FITA18
	28th	



CONGRATULATIONS

Alan	3rd	Gents Compound	Portsmouth	Hinckley	23rd October
Nigel		Handicap award	Portsmouth	Hinckley	23rd October
Charles		Handicap award	Portsmouth	Hinckley	23rd October

Cheltenham

A new reporter

Caroline and I went to Cheltenham Archers for one of their shoots. Cheltenham is a very long established club and hold some prestigious shoots such as the Horace Ford Memorial (I think it's called. Horace being the Victorian gent to whom we owe most of our modern shooting technique).

The shoot we attended was the Autumn Mixed Hereford, not as well attended as in previous years but still quite well supported.

The weather was fine for the most part, very warm and sunny but became blustery half way through the shoot. Caroline shot her Mathews Compound and took first place with a score of 1130



Cheltenham often award individual trophies which are to be kept by the archer. This tournament was no exception and the first lady compound won a glass trophy engraved with the club coat of arms, date and shoot title. I, myself, shot recurve barebow and finished on 685 winning the barebow class and setting a new County Record. Valuable lesson of the day - I was scoring and on the last 6 arrows of the shoot allowed myself to get side tracked into totaling someone's score up. This meant I wasn't watching the target and suddenly became aware of the fact that two of the other archers on the target had started to pull the arrows. My score for that end went from 9,9,7,7,7,5 to 9,7,M,M,M,M! A good learning experience...

Alan

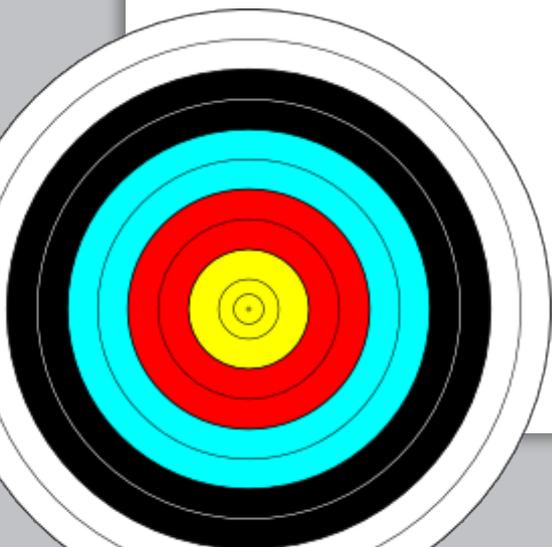
VALuable Tips

If consistency is a problem, and it is for most archers at some time, then you could try using your head/mind to keep you on track.

Mentally talk your way through every shot, one element at a time. Each element (stance, breathing, draw, reference, aim, release, follow through and anything else that you feel is important to you) can be checked and perfected with every arrow you shoot.

Often it is when your concentration wavers and your mind wanders that the inconsistencies creep in. By talking your way through every element of every shot you retain concentration.

If you are totally or even slightly unsure about what to include in your mental routine, talk to me and I'll try to help.



Children in Need



Thanks go to Mick for suggesting our charity shoot. It was a Portsmouth that was sponsored per point or monetary gift. Meg and Sylvia put on their oven gloves on, and we donated money, to enjoy their

shortbreads and crispy cakes. We raised £1,047.49 for Children in Need. Thanks goes to all, can we make this a yearly event? By the way the "Men in Tights" certainly brought something to the event.



Above left - More points, more money raised



Above centre - Mick and the pudsey smile



Above right - "Ain't NOBODY here but us chickens"



Left - Shortbread Pudsey



Right - the ears have it

We're infamous

Lutterworth archers dominated the compound events at the county FITA shoot at Kirby Muxloe, winning the team event as well as the bulk of the individual medals.

Paul Wiles and Alan Tonge overcame the blustery conditions to take first and third places in the men's event.

Foxes' Andy Marriott did well to separate them in finishing second.

Caroline Prime and Carla Nobrega were second and third in the women's contest behind the excellent Kirsty Davies (Bowmen of Rutland).

The competition doubled as the fourth and final selection shoot for the county team.

Kirby's Jim Young completed a clean sweep of victories in winning the men's recurve but was pushed all the way by Bowmen of Glen's Steve Naylor, who took second ahead of Loughborough Students' James Cowie.

Lutterworth's Roxanne Prime, a week before her 18th birthday, shot well to finish third in the women's recurve behind the more experienced Kim Copson (Bowmen of Birstall) and Loughborough's Ashleigh McCloud.

Among the juniors, Kirby's David Phillips and Lizzy Warner were again impressive in recording the highest

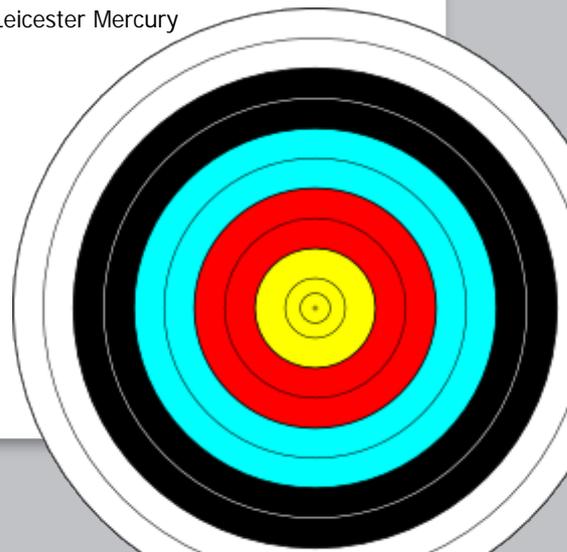
scores in the recurve competitions, in which Amy Curnock also excelled.

James Passingham was the top compound archer.

Young led hosts Kirby to the recurve title with juniors Phillips, Warner and Liam Hannon making up the team.

results – Men's Compound: 1 P Wiles (Lutterworth), 2 A Marriott (Foxes), 3 A Tonge (Lutterworth). Women's compound: 1 K Davies (Bowmen of Rutland), 2 C Prime (Lutterworth), 3 C Nobrega (Lutterworth). Men's recurve: 1 J Young (Kirby Muxloe), 2 S Naylor (Bowmen of Glen), 3 J Cowie (Loughborough Students). Women's recurve: 1 K Copson (Bowmen of Birstall), 2 A McCloud (Loughborough Students), 3 R Prime (Lutterworth).

Seen by Alan in the Leicester Mercury



Field Archery - 15th April 2012

Phoenix Archers have proposed a light-hearted FIELD SHOOT to be held in the spring and are inviting local clubs to take part.

It will run to GNAS rules (There are several forms of rules for field eg. GNAS, FITA, EFA and NFAS etc..) The thing to note with GNAS rules is that NO special equipment is needed. Only one sight pin is allowed and stabilisers can be used, so as long as you have some sight settings and can estimate a distance out to 60 yds you're all set.



Just out of interest, while GNAS (and I think FITA) only allow one sight pin NFAS (National Field Archery Society) allows up to five pins for different ranges. Images 1 and 2 show a typical 5-pin sight with pins from 10 yds out to 60 yds used on a compound. Another single pin method of sighting is the

cantilever sight shown in images 3 and 4.

Here you have one pin but the pin, or scope, can be raised and lowered using the lever. Sight settings are marked on the white strip at the back of the sight, so the archer estimates the distance, adjusts the sight to the correct setting and aims straight into the gold.



Longbow and barebow archers often use methods known as string-walking or face-walking to get different distances.

These can be very effective but, like everything else, it takes practise, practise, practise, practise.

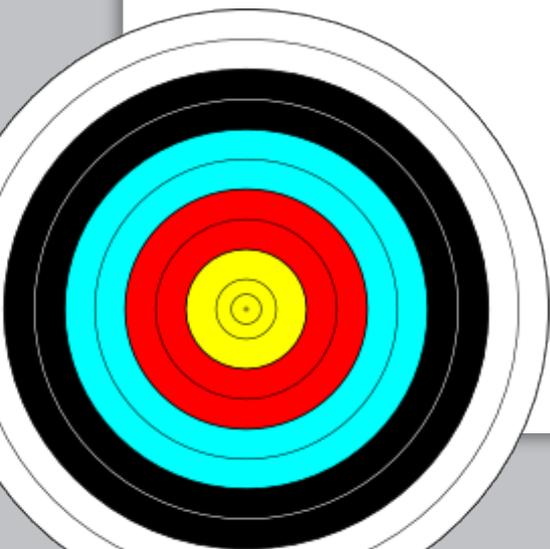
So, why not try something new when April comes around

Club Notices

Have you had your handbook? Have you filled in the registration form? If the answer is no to either, please have a chat with Glynis, our club secretary.

"Can you help me, I need to know what an anchor point is, also how do I know what my master eye is?" If you can answer these questions and have a few

hours spare every now and then, have you considered helping with the beginners courses. The courses not only give the skills to the beginners, but give you a great sense of achievement. We are not looking for a teacher, but someone who has a passion for archery and would like to pass this on. Please have a word with Val.



Unstrung

Top excuses

1. "Venus isn't aligned with Mars"

2. "I didn't do my spinning on the spot ritual before shooting"