



Newsletter

Issue 68 • June 2022

news@lutterwortharchery.org.uk



A message from the editor...

Charles has been producing your newsletter for many years and has now decided to step down. He has kept everyone well informed of past and future events and club information and has done a brilliant job, I'm sure everyone would like to say 'thank you' to him for all his hard work and commitment over the last 10 years.

I have now taken over as editor, I have only recently taken up archery which I am really enjoying, so after doing the beginners course last year I decided to join the club and everyone has made me very welcome, thank you.

My background is that I worked in the print industry for over 35 years and did graphic design, my skills are in design and layout but I'm not so familiar with writing editorials, so please bear with me as I ease myself into the role and I hope you will still enjoy reading the newsletters in future.

If anyone has any 'news, information or photos' they would like to share with the club and would like including in the next edition please forward it to news@lutterwortharchery.org.uk.

Thank you,

Lyn

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Birthdays in June

Sylvia • Sally • Trevor
Shane • Richard • Luke • Lyn

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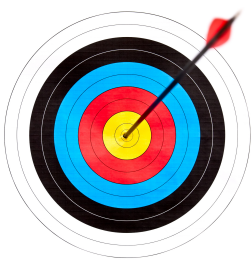
Birthdays in July

Mick • Andrew • Charlotte

Curry Night

A curry night was arranged at the Red Lion in Sibbertoft on Monday 25th April. There was a good turnout of 11 for the meal, there were 8 archery members and 3 guests and everyone sat around one long table.

When the meals started arriving there was some confusion however as 3 lamb shanks came out of the kitchen and only one had been ordered, Terry and Fran agreed to have the other 2 instead of their original food order so all ended well. That said the food and company were very good and an enjoyable evening was had by all, thank you to Glynis for arranging the event.



Beautiful day to shoot

There was a good turnout on Saturday 30th April for a lovely day shooting at the field. The usual tea, cake, biscuits and a chat along with a welcome break were the order of the day.



Did you know?

It is believed that bows and arrows have been used for at least 25,000 years based upon the discovery of arrowheads in Africa. Archery is considered to be one of the oldest sports in the world. The word archery is derived from the word arcus, a Latin term that means bow and arrows.

Lost arrows

If you lose an arrow whilst at the field please remember to report this.

Please send the following details to:
secretary@lutterwortharchery.org.uk

- date and time of loss of arrow
- approximate location in the field
- arrow make and type
- colour of nock and fletchings



AGM • 23rd April 2022

This is an annual event to which all club members are invited. Whilst there is a structure to the meeting it is still, we feel, quite informal and generally not too long, leaving plenty of time afterwards for the usual afternoon shoot.

This year club members were able to hear reports from all committee members and the Club's retiring Chairperson, Mick Shaw, about progress made during the last shooting year.

We heard that we were one of only a few East Midlands clubs that were able to open their shooting grounds as often and as quickly as we did when Covid 19 restrictions allowed.

It was pleasing to hear that despite Covid 19 a good amount of shooting had taken place, both outdoors and indoors, with archers shooting well. You will see from the awards article some of those successes.

It was also pleasing to hear that our financial position remains very much in line with the committee projections and we are in a sound financial state for a small club.

Members heard about completed and planned social events and then voted in a new committee for 2022/23 and new member fees for 2023/2024.

Members made suggestions for celebrating the fact that Lutterworth Archery Club will be 20 years old in October! – so please watch out for more details on this birthday celebration.

So next year do come along to the meeting and play your part.

Glynis,

Club Secretary

Your current club committee is

Shane Brewer – Chairperson
Glynis Castle – Secretary
Cliff Spencer – Treasurer
Jon Batemen – Safeguarding officer
Andrew Kelly – Records officer

Mick Shaw – Tournament organizer
Meg Powell – Social secretary
Members officer – vacant – if interested in this role please contact one of the committee





Lutterworth Archery Club

Awards Presentations
Saturday 7th May 2022



The presentation began with thanks to some members. To Jon for continuing to administer the beginner's courses over the past 12 months and to all those who helped to deliver beginners courses.

To Andrew for his work, keeping on top of all the competition results through the year and providing the results to support this years awards.

And to everyone who helped out during the year particularly those who regularly help to put kit out & collect it in again. 2021 was a strange archery year, a thank you goes to all those members who stuck with the club.



Achievement Certificates

presented by Glynis Castle

New Club Records have been set during the 2021 outdoor season and the 2021/22 indoor season
Achievement Certificates this year go to:

Andrew Kelly, Gents Longbow • **Cliff Spencer**, Gents Compound • **Luke Brewer**, Gents Compound
Fran Deery, Ladies Flatbow & Barebow • **Sylvia Devey**, Ladies Longbow
Terry Deery Gents Flatbow & Barebow • **Mick Shaw**, Gents Recurve

Classification Badges

presented by Andrew Kelly

Indoor classification badges were achieved during the season by:

Martin Kent, 'E' classification • **Glynis Castle**, 'E' classification

Charles Dalby, 'D' classification • **Shane Brewer**, 'D' classification

Outdoor classification badge already achieved this outdoor season:

Cliff Spencer, 3rd Class

200 Club

presented by Mick Shaw

Badges for the 200 club have been presented as the season has progressed.

We have 2 more badges to award for recent achievements to our newer members:

Natalia Czacharowska, 30yds Ladies Recurve • **Lyn Pearson**, 30yds Ladies Barebow

Trophies

Shane Brewer, Gents Recurve (Indoor) Champion for 2021/22 (trophy presented by Mick Shaw)
Glynis Castle, Ladies Recurve (Indoor) Champion for 2021/22 (trophy presented by Sylvia Devey)
Andrew Kelly & Marc Rowley, Gents Longbow (Indoor) Champion for 2021/22
(trophy presented by Glynis Castle)

Handicap Improvement Shield

Martin Kent, Indoor Handicap Improvement for 2021/22 (trophy not presented)

*No outdoor Handicap Improvement award this year as insufficient rounds were shot due to covid restrictions

Member's Award

This is the award that is determined by the votes of the membership of the club and based on not only shooting ability but on work or activities taken on to support the club. This can range from making the tea, putting out targets, offering advice and encouragement to members new and old, etc.

This year's worthy winner can often be seen at the field but not necessarily shooting. The work this member has taken on and completed for the benefit of the club is outstanding. Often seen with a strimmer, paint brush or screwdriver, not to mention a cup of tea!

Cliff Spencer, Member's Award 2021/22 (trophy presented by Mick Shaw)



Cliff



Glynis



Andrew



Mick



Shane



Charles



Terry



Fran



Luke



Sylvia



Lyn



First outdoor competition of the season

Once the awards had been presented, with targets and bows at the ready everyone settled down to the first outdoor competition of the season a Warwick round, results on page 5.



LUTTERWORTH ARCHERY CLUB

Competition Results

For Saturday 7th May 2022 • Round - Warwick



ROUND VARIATION SHOT	ARCHER	BOW STYLE	CURRENT H/C	PURE SCORE	CLASS	ALLOWANCE FOR ROUND	H/C ADJUSTED SCORE
New Warwick	Shane Brewer	R/C	44	290	2nd	1219	1509
Long Warwick	Mick Shaw	R/C	41	307	2nd	1127	1434
Warwick	Fran Deery	R/C	47	315	2nd	1120	1435
Warwick	Terry Deery	R/C	35	340	2nd	1058	1398
Warwick 30	Lyn Pearson	BB		228	N/A	1386	1614
Long Warwick	Andrew Kelly	LB	61	106	2nd	1320	1426
Warwick 30	Sylvia Devey	LB	83	257	N/A	1240	1497

RAISING AWARENESS OF SUN PROTECTION IN SPORT

As the weather warms up, many of us are eager to shed our woollens and soak up the sun. When you're at the field for hours on end, it can be easy to forget the impact of UV exposure as you focus on the target.

Sportspeople receive substantially higher UV exposure, and routinely exceed the recommended exposure limits, increasing their risk of sun damage and skin cancer.

Factors such as sweating, water contact, minimal clothing, and lack of shade, make it even more relevant, however, only 50% currently sun protect when exercising outdoors.



TOP TIPS TO REMEMBER

- UV radiation cannot be seen or felt, so check the UV Index daily, and use sun protection when it reads 3 or over.
- A short training session can last for hours, so get into the habit of being sun prepared before you start any outdoor activity.
- Sunscreen can wear, wash, rub or sweat off, so reapply every two hours or more often when around water.
- To avoid a greasy grip, use a sunscreen applicator or clean palms with a small towel and alcohol gel.
- When removing clothing on a warm day, remember to apply sunscreen to all newly exposed areas of skin.

If you'd like more information on sunguarding in sport you can visit: www.melanoma-fund.co.uk

CLUB NEWS

We have 5 new club members,
2 who took part in our beginners course in 2019 (before COVID)
and 3 who took part in our recent beginners course in May 2022

Please say 'hello' and welcome to

Gareth Davis, *Senior Longbow archer*

George Davis, *Junior Recurve archer*

Paul Bishop, *Senior Recurve archer (previously a member of the club)*

Francisco Egido (Fran) - *Senior Recurve archer*

Martin Sands, *Senior Recurve archer, (father of Alice)*

We have a returning club member

**Please say hello
and welcome back to
Martin Matkin
as an associate member.**

Martin is a member of
Bowmen of Birstall
and a recurve archer as well as
a Level 2 coach.

‘Have-a-go’ event • Monday 16th May

The Welford girl guides were invited to a ‘have a go’ session at the field, some club members and coaches very kindly volunteered their time to come early and set up for the event, erecting netting, putting out the bosses and targets, setting up the bows and offering support, drinks and biscuits during the evening.

The event started at 6.30pm and 12 guides and 3 leaders attended. The girls seemed to have a good time and did quite well mastering the bow.



After having a fun ‘taster session’ it would be great if it encouraged some of the girls to return and do a beginners course in the future and possibly join the club.

Beginners Course
Sat 21st & Sun 22nd May

The beginners course was held over a 2 day weekend, 10.00am - 4.00pm both days. There were 5 participants who took part this time.

Lots of information to take in for the beginners but everyone seemed to enjoy themselves, they got on very well having expert tuition and lots of help and guidance.

There was of course tea and cakes on hand, a must for a day at the field and I’m sure very welcome!

Thanks to the coaches who did a great job and gave up their whole weekend to put the course on and to members who also gave up their weekend to help setting all the equipment up.





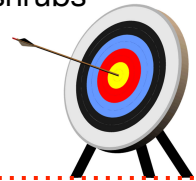
Participants with their certificates after completing the beginners course



It's BBQ season again

The BBQ is now available for members use, if you do use it please bear the following safety tips in mind

- never leave a BBQ unattended
- ensure the BBQ is on a flat site well away from sheds, trees or shrubs
- keep children well away from the cooking area
- ensure the BBQ is cool before attempting to move it
- when you have finished using the BBQ please clean it.



...may
your
arrow fly
straight &
your aim
be true!



Did you know?

There is a story that King James II banned golf in Scotland in 1457 because, according to him, men were wasting too much time playing golf instead of training with the bow and arrow.

Notice Board

Please check the website for any date or time changes of club competitions or notices.

Please do not move the targets at the field as they are set up for all to use.

AGB FEES

A polite reminder to all archers.

Archery GB fees are due by the end of August.

For all wishing to renew can you please pay direct to the club account and not direct to archery GB?

Account Name: Lutterworth Archery Club

Account No: 65913469 • Sort code: 60-13-30

You can also pay by cheque or cash.

If Archery GB membership is not renewed by the end of August, you will not be insured and will not be able to shoot until renewed.



Well done Fran for achieving a 6 gold end at 50yds on Saturday's first outdoor competition shoot.





Lutterworth Archery Club

2021/2022

Winter Postal Competition Results



L&R 300

BOW STYLE	COUNTY POSITION	ARCHER	ROUNDS SHOT	FINAL SCORE	COMMENTS
Gents Recurve	10th	Mick Shaw	5	1189	
	28th	Martin Kent	2	451	
	34th	Shane Brewer	1	253	
	40th =	Rob Spencer	1	204	
	45th	John Worley	1	167	
Ladies Recurve	12th	Meg Powell	4	876	
	15th	Glynis Castle	3	595	
	17th	Sharon Ward	2	227	
Gents Compound	9th	Cliff Spencer	3	757	
Gents Longbow	3rd	Andrew Kelly	4	441	Bronze Medal
Ladies Longbow	3rd	Sylvia Devey	3	263	Bronze Medal

L&R FROSTBITE

BOW STYLE	COUNTY POSITION	ARCHER	ROUNDS SHOT	FINAL SCORE	COMMENTS
Gents Recurve	6th	Mick Shaw	4	1189	
	22nd	Shane Brewer	1	283	
	32nd	Martin Kent	1	215	
Ladies Recurve	8th	Fran Deery	1	239	
Gents Compound	3rd	Cliff Spencer	4	1216	Bronze Medal
Ladies Longbow	2nd	Sylvia Devey	2	138	
Gents Longbow	2nd	Andrew Kelly	4	585	Silver Madal
Gents Barebow	5th	Terry Deery	3	641	
Ladies Barebow	3rd	Fran Deery	2	327	

N.B. Medals are only awarded to archers who have shot a minimum of 3 rounds



Lutterworth Archery Club

Outdoor Diary & Competition Dates

**Please check the website for up to date information as dates may be subject to change due to weather conditions*



Date	Round	Doz Arrows	Sighters
Saturday 11th June 2022	Short Metric **	3 doz at each distance Total 6 Doz	6 arrows at 2pm
Saturday 18th June 2022	Western **	4 doz at longest distance then 4 doz at shortest distance	6 arrows at 1pm
Saturday 9th July 2022	Metric **	3 doz at each distance Total 12 Doz	6 arrows at 10am
Saturday 16th July 2022	WA1440 / York / Hereford / National **	Various	6 arrows at 10am (for York/Hereford)
Saturday 30th July 2022	Long Metric **	3 doz at each distance Total 6 Doz	6 arrows at 2pm
Saturday 13th August 2022	St. George / Albion / Windsor **	3 doz at longest distance, 3 doz at mid distance then 3 doz at shortest distance	6 arrows at 12md
Sat 20th August - Sun 21st August 2022	Beginner's Course (TBC)		All Day
Saturday 27th August 2022	Fun Shoot (TBC)		2pm
Saturday 3rd September 2022	American	2 1/2 doz at longest distance, 2 1/2 doz at mid distance then 2 1/2 doz at shortest distance	6 arrows at 12md
Saturday 10th September 2022	National **	2 doz at longest distance then 4 doz at shortest distance	6 arrows at 2pm
Saturday 17th September 2022 TBA	20th Anniversary celebrations (TBC)		2pm
Saturday 24th September 2022	Warwick **	2 doz at longest distance then 2 doz at shortest distance	6 arrows at 2pm
Saturday 8th October 2022	Kit move indoors - Indoor shooting begins		1pm

**** Round indicated includes longer and shorter variations.**

