



Newsletter

Issue 74 • April 2023

newsletter.lac20@gmail.com



A message from the editor...

Hi everyone,

We had our post Christmas meal at the end of February which was very nice and well organised by Meg, thank you to Meg for doing that.

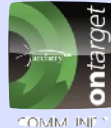
You'll notice that Cliff has done a lot of repair work to the bosses and covers and the field. He has also painted and tidied up inside the container, a good job well done so a big thank you to Cliff.

All the kit was moved back to the field on Saturday 25th March in readiness for the start of the outdoor shooting season, thank you to everyone that helped and let's hope we have favourable weather from now on.

Happy shooting,

Lyn

newsletter.lac20@gmail.com



- 1) Membership renewal and AGM
- 2) Post Christmas meal
- 3) New boss covers and stand info
- 4) L&R300 February results
- 5) & 6) Club news
- 7) Last indoor shoot
- 8) L&R300 March results
- 9) AGB classification information



DATE FOR AGM APRIL 2023

The club's AGM will be held this year on **Saturday 29th April 2023** at the outdoor field at **12.30pm**.

The purpose of the AGM is to:

- Report and reflect on the club's activities and financial situation: April 2022 – March 2023
- Vote in your committee for the coming year
- Look forward to the coming shooting year and explore ideas for developing the club, questions or aspects for discussion from club members

You will shortly receive, via email, a formal notification of the AGM with updates to the club rules and constitution that require your review before the meeting. Any items you wish to raise for discussion / ideas / questions need to be submitted in advance of the meeting to the secretary. You will also receive a nomination form for committee positions. We are short of essential committee posts so ask you all to consider if it's practical for you to undertake a vacant post in support of your club (help and support for new position holders is provided).

The AGM is open to all adult, junior and honorary club members and we very much look forward to seeing you all, so please do come along. Associate members are welcome to attend but do not have voting rights.



MEMBERSHIP RENEWAL

A message from our treasurer...

Greetings Archers

The year has gone so fast.

The membership renewal is due on the 1 April 2023

Due to increased costs such as field rent and insurance the committee has had to make a difficult decision to make a small increase to the membership fees.

Senior Membership £84.00

(or monthly instalments of £7.00)

Junior Members £42.00

Associate Members £45.00

Disabled Members £42.00

For all those that wish to renew their membership

please pay by the 1 April 2023

Please make payment to the club account by Bank transfer. You can also pay by Cheque or Cash.

The gate lock code will change on the 1 April 2023

The new lock code will be emailed to all that have renewed their membership.



CLUB POST CHRISTMAS MEAL



Sunday 26th February was the club post Christmas meal, it was held at the White Lion at North Kilworth, a nice friendly pub situated directly off the main A4304 just past Kilworth House.



On arrival there were 3 separate tables set out but it was decided that 2 small tables could be put together, so chairs and tables were shuffled around to enable access to the other room and eventually we all settled down to wait for our meals.



8 club members and 4 guests attended the lunch, all the meals looked very nice, everyone seemed to enjoy their food and of course having good company made for a very pleasant lunch. There were plenty of lively conversations across the tables and when the desserts arrived they all looked really inviting, a very nice finish to a lovely meal. Thank you very much to Meg for organising the event, I'm looking forward to the next social gathering.





NEW BOSS COVERS AND STAND

Cliff has fitted new covers to the bosses, reinforced stands and cleaned out and tidied up the container, he has prepared some instructions on how to replace the covers to avoid any damage.

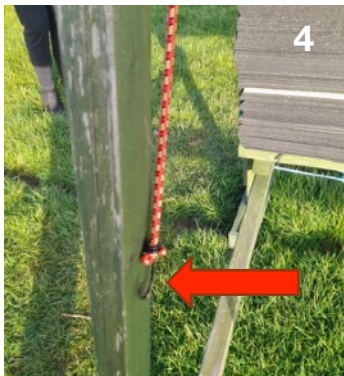
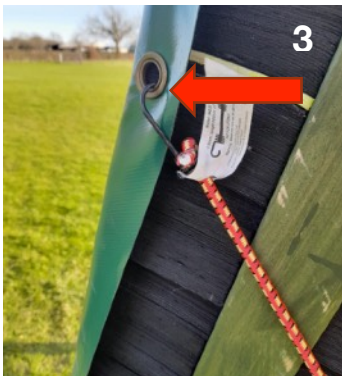
Picture 1

Roll the boss covers up and place on the hangers at the rear of the boss. Do not leave the rolled cover on top of the boss as they can be damaged by overshot arrows.



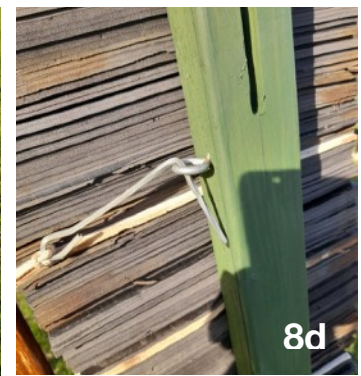
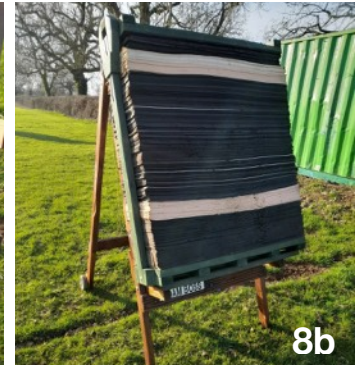
Pictures 2,3,4,5,6,7

Please place all bungees as shown to secure the boss covers. If you find any bungee straps that are damaged or worn out, please inform Cliff so they can be replaced.



Pictures 8 (a,b,c,d)

A foam boss has been manufactured out of some old materials. A stand has been modified so both foam and straw bosses can be used, the two positions are clearly marked. *(Please ensure two people set up the foam boss as it is much heavier than a straw boss to lift).*



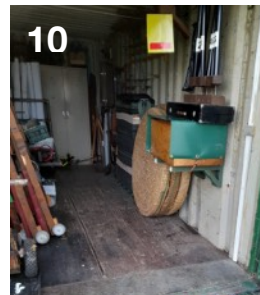
Pictures 9 (a,b,c)

The container doors have been re-painted on the inside. Items as shown have been placed on the doors for easy access, if used please place back in the same place they came from.



Picture 10

The container has been cleaned out inside with no items on the floor, this is for health and safety so there are no trip hazards. Please help to keep it tidy.





Leicestershire & Rutland Winter Postal Competition
2022-2023

L&R 300 ROUND
Score Summary Sheet
Month....February 23

Club Name:	Lutterworth AC
------------	----------------

'A' Team	Archer's Name	Lady/ Gent	Bow Type R/C/LB/BB	Score	10s/5s	Xs (Worcester)
	Mick	Gent	R/C	248	9	
	Martin K	Gent	R/C	242	7	
	Cliff	Gent	Comp	242	5	3
Totals				732	21	3

'B' Team	Archer's Name	Lady/ Gent	Bow Type R/C/LB/BB	Score	10s/5s	Xs (Worcester)
	Paul	Gent	R/C	224	6	
	Meg	Lady	R/C	217	3	
	Glynis	Lady	R/C	205	4	
Totals				646	13	

'C' Team	Archer's Name	Lady/ Gent	Bow Type R/C/LB/BB	Score	10s/5s	Xs (Worcester)
	Jeremy	Gent	R/C	187	7	
	Andrew	Gent	LB	135	1	
	Sharon	Lady	R/C	114	1	
Totals				436	9	

CONGRATULATIONS ON ACHIEVING PERSONAL BESTS

Personal bests in February were achieved by:

Paul

beat his previous personal best by 16 and set a new personal best for the 3rd consecutive month

Jeremy

beat his previous personal best by 21

Andrew

beat his personal best by 2





LATEST CLUB NEWS



HANDICAP RESULTS

Top results on a handicap basis for the WA 18 shot on 25 February were:

1st Jeremy 1487

2nd Meg 1467

3rd Paul 1460

and because they were quite close and shot above their handicaps -

4th Martin K. 1456

5th Sylvia 1451

Well done guys!



Ha Ha!!

My local cabbie in London is known as Robin Hood. He only drives between Bow and Harrow.

Sad that the local archery business had to close. They weren't hitting they're targets!

Never understood why we have those arrows with rubber suckers at the end. They're pointless.

Did you know?

The archers of a besieging army used longbows to rain arrows down on the castle's defenders. They might also fire flaming arrows to set light to any wooden buildings inside the castle.

1st PLACE IN BPAA WINTER COMPETITION

The East Midlands team of Paul and Mick have once again achieved 1st place in the national BPAA (British Police Archery Association) winter competition.

In addition, Paul achieved the best handicap adjusted score to go forward to the National joint services competition.

Congratulations to Paul and Mick for gaining 1st place and well done to Paul for achieving the best handicap adjusted score.



GOOD SHOT MICK!

Saturday 4th March was a practice shoot indoors for those who wanted and some archers did a competition round, 11 archers attended so a good turnout.

On one end Mick shot all golds with a score of 58 so well done to him, nicely done!

Alice shot her compound bow with some guidance from her Dad.

Only 3 more Saturdays indoors then its back to the field!



Saturday 11th March was an L&R300 round.

Mick did it again and got 4 arrows in the white of the Worcester target scoring max of 20, well done again Mick!



Health Benefits of Archery

Archery Improves:

- your focus
- your hand-eye coordination
- your upper strength
- your social skills.
- your confidence.



Skills and abilities needed by archers are:

- mental strength
- aerobic endurance
 - balance and coordination
 - reaction time
- motivation & self confidence
- skill/technique
- agility
- flexibility
- strength & power

For your information

The setting up and taking down of equipment is the responsibility of all club members, so please don't arrive late and leave early on club days, everybody's help is needed.

...

Please inform Glynis at
secretary@lutterwortharchery.org.uk

if any of your details have changed (phone numbers, address, emergency contact details etc) so they can be updated on the club database

Thank you



WORCESTER ROUND

Saturday 18th March was a Worcester round, all black targets lined up in front of the netting looked quite dull as targets are usually colourful! The first 3 archers were:

Meg 1451 • Jeremy 1446 • Martin K 1429

Well done guys!



A little bit of archery trivia!

Is archery feminine or masculine?

Archery is, of course, **neither masculine nor feminine**, but will often be approached differently by males and females. I think it fair to say that more men will see the bow as a weapon and more women will see it as a piece of sporting equipment

Who is the world's fastest archer?

Lars Andersen, (born 8 November 1964) he is a Danish painter and archer. Claiming to hold a world record for speed, he is able to shoot 10 arrows in 4.9 seconds, or 3 arrows in 0.6 seconds.



Did you know?

Immortalised by the Mongols during the 3rd-century onwards, the Mongolian recurve bow is widely considered one of the most powerful, and deadly, bows in history.

These bows could famously shoot with pinpoint accuracy at over 500 yards (450+ meters), and were often used from horseback.





LAST INDOOR SHOOT OF THE SEASON



Saturday 25th March was the last indoor shoot of the season, archers shot a Bray 1, the first three archers were

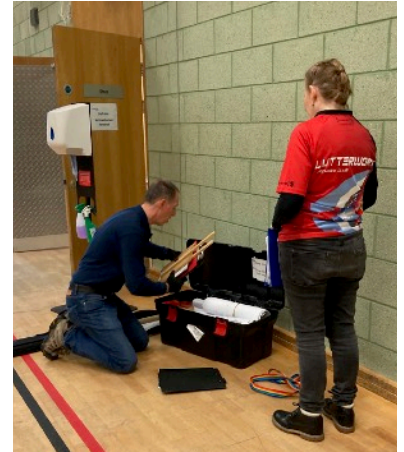
Glynis 1488 • Martin K 1472 • Paul 1449 • Well done again guys, great shooting!



Martin working out how to fit all the targets and boards etc back in the box...they came out of it earlier!



Glynis and Jeremy trundling the kit down to be loaded onto the trailers



Strategic rolling from Andrew to fit the net into the box, looks like Paul was doing a good job supervising!

After the shoot everything was packed up and loaded onto the 2 trailers, Cliff's son's Ian and Rob helped out with loading at the Sports Centre and unloading at the field. Ian towed one of the trailers and helped out even though he's not an LAC member.

As the weather had been so bad the field was quite boggy so just Cliff, Rob and Ian went to the field to unload.

Thank you very much to Ian for all his help with loading and unloading its very much appreciated.

Thank you to everyone else who helped pack up and load the kit ready for the move.



That's everything out from the hall, just got to get it all to fit onto the trailer now!



COMMUNITY



Leicestershire & Rutland Winter Postal Competition
2022-2023

L&R 300 ROUND

Score Summary Sheet

Month March 23

Club Name:	Lutterworth AC
------------	----------------

'A' Team	Archer's Name	Lady/ Gent	Bow Type R/C/LB/BB	Score	10s/5s	Xs (Worcester)
	Martin S	Gent	Comp	261	12	
	Mick	Gent	R/C	251	12	
	Cliff	Gent	Comp	244	12	
Totals				756	36	0

'B' Team	Archer's Name	Lady/ Gent	Bow Type R/C/LB/BB	Score	10s/5s	Xs (Worcester)
	Paul	Gent	R/C	232	10	
	Meg	Lady	R/C	217	5	
	Glynis	Lady	R/C	179	7	
Totals				628	22	

'C' Team	Archer's Name	Lady/ Gent	Bow Type R/C/LB/BB	Score	10s/5s	Xs (Worcester)
	Andrew	Gent	LB	125	1	
	Sylvia	Lady	LB	90	1	
	Lyn	Lady	FB	67	0	
Totals				282	2	



**OUTDOOR SHOOTING
AND COMPETITIONS DIARY**



The outdoor competitions diary is still being finalised and will be sent out to everyone via email as soon as it's completed, please keep checking your emails for up to date information.



AGB Classification and Handicap Scheme

The Archery GB Classification and Handicap scheme allows archers of all levels to understand their skill level and progress through the various awards available. From the initial Archer 3rd Class classification, right through to Elite Master Bowman.

What awards are available?

There are nine different classification levels available to all archers, which are grouped into three sets of three. An archer starts off with the Archer tier, with 3rd Class, 2nd Class and 1st Class awards. They then move up to the Bowman tier, again with 3rd Class, 2nd Class and 1st Class, and then finally the Master Bowman tier, where the naming gets a little more fun with Master Bowman (MB), Grand Master Bowman (GMB) and Elite Master Bowman (EMB).

These levels cover the full range of experience for the vast majority of archers, with Archer 3rd Class achievable by many new archers within their first year or two in the sport, whereas Elite Master Bowman will be a challenge for even the very best in the country to maintain.

If classifications are awards, then what is a handicap?

The Archery Handicap Scheme exists to measure an archer's ability regardless of who they are and what they shoot. Any score can be assigned a number on the handicap scale representing the accuracy with which it was shot. Handicaps form the basis of the classification system and tables, but have a wide variety of uses beyond this such as comparing performance on different rounds and tracking an archer's progress throughout the season and their career

What is an archer's handicap?

At its most simple, a handicap can be viewed as a measure of precision (i.e. group size or consistency). The smaller the handicap, the smaller the group and the better the score.

A perfect archer can shoot an identical shot every time to hit the spider or 'x' at the centre of the target. In reality, however, no archer is perfect and our rounds have imperfections due to variation in technique from shot to shot, the point of release as the sight floats, etc. Each arrow follows a slightly different path to the target. The spread of the arrows as they leave the bow translates directly to the size of the group down range and hence the score. The more skilled an archer is, the smaller the variation from the perfect shot and the smaller the group.

We assign a number to measure the amount of variation as the arrows leave the bow - this is the handicap. By tracking where the arrows land on a particular target face at a given distance, we can then calculate the expected score.

How is your handicap calculated?

Initial handicaps will be calculated by an archer shooting 12 doz arrows (not necessarily 3 rounds) so it could be 2 x 6 doz rounds or 3 x 4 doz rounds or a mixture totalling 12 doz arrows.

Calculating your outdoor handicap and classification

You can find [the official handicap and classification tables](#) and [a tool to calculate handicap and classifications for a given score](#) on the Archery GB website.

<https://archerygb.org/resources/outdoor-classifications-and-handicaps>

The link below takes you to the FAQ page on the AGB website:

<https://archerygb.org/resources/outdoor-classifications-and-handicaps/classification-and-handicap-faqs>

