

# Newsletter

Issue 86 · April 2025 newsletter.lac20@gmail.com



#### Message from your editor...

Hello fellow archers,

We're finally back to outdoor shooting again, let's hope we have some kind weather and things warm up for us. I'm looking forward to some good outdoor shooting, having BBQs and social get togethers at the field.

Indoor shooting has been very well attended so thank you to everyone who supported the club.

As you will see on pages 3 & 4 Charles took a team from LAC to the County Championships at Groby, everyone did very well and some medals were won. Well done to everyone who took part, a great achievement for the participants and the club, and thank you to Charles for organising and taking a team to the event.

I can't believe it will be Easter Sunday on 20th April, try and avoid those tempting chocolate eggs.

Here's wishing everyone a Happy Easter! Happy shooting,

Lyn

newsletter.lac20@gmail.com





- 1) AGM reminder
- 2) Club fees reminder & summary of shooting
  - 3) & 4) County Portsmouth Championships
    - 5) Awards
    - 6) L&R300 Feb results
  - 7) Safeguarding at the field
    - 8) Club noticeboard
  - 9) Parking at the field & Sun Protection
  - 10) Cabin window repair & Worcester results
- 11) L&R300 March results & Horse bows edit by Alex G
- 12 & 13) Clare at Las Vegas 2025
  - 14) & 15) Outdoor diary & competitions



### **AGM 2025 DATE REMINDER**

The club's AGM will be held this year on **Saturday 26th April 2025** at the outdoor field at **12 o'clock**.

#### The purpose of the AGM is to:

- Report and reflect on the club's activities and financial situation: April 2024 – March 2025
- 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

Any items you wish to raise for discussion / ideas / questions need to be submitted in advance of the meeting to the secretary by 18th April.

The AGM is open to all 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.



### Did you know?

The first book published on the subject of archery was written by Roger Ascham in 1545 and its title was Toxophilus



## MEMBERSHIP RENEWAL REMINDER



### **Greetings Archers**

A message from our treasurer...

Membership renewal fees are due 1 April 2025

Senior Membership £96.00

(or monthly instalments £8.00)

Under 21 & Disabled Membership £48

(or monthly instalments £4)

Any club member not already paying monthly, via standing order, who would like to help spread the cost is welcome to set up a monthly payment. Please quote your name in the reference to help our bookkeeping. If you do plan to set up a standing order we would prefer to receive your payment no later than 10th of each month, with your first payment in April, as this helps streamline our bookkeeping tasks enormously.

If you prefer to pay cash or cheque please speak to Cliff.

**Associate Membership £50** 

(one off payment only).

If you do not plan to renew we would appreciate you letting us know so we can update our records.

## Payments into the club bank

If you pay any money into the club bank can you put your name and a brief reference please, this will help Cliff so that he knows who has paid it in and what it is for.

Thank you

### Ha Ha!!

Why don't archers ever get lost?
They always find their way straight to the target.

Why did the archer bring a pencil to the competition?
To draw his bow.

### **SUMMARY OF INDOOR SHOOTING 2024-25**

Our indoor meetings continue to be well supported. 25 archers have shot 148 rounds, of which 94 were in Club competitions and 11 in open tournaments.

25 archers now have indoor handicaps.

#### Classifications achieved are:



- 2 Archers Class 3
- 4 Archers Class 2
- 13 Archers Class 1
- 4 Bowmen Class 3
- 1 Bowman Class 2



- \*\*There is no classification provision for flatbow archers
- 16 new indoor Club Records have been achieved
   6 of which were for the outdoor Frostbite round.
- 21 archers have shot rounds in the L&R 300 this number being exceeded by only one other club in the competition.

Up to the end of February

**ALEX G** is 2nd in men's recurve • **SYLVIA** is 2nd in Ladies' flatbow.

Summary to end of February courtesy of Andrew K (Records)



# **LAC Wins at Leicestershire County Portsmouth Championships**

For the first time in a number of years our club organised a full team of our archers to shoot at a major championship event in February – and we did really well.

Our team travelled to the Leicestershire and Rutland County Archery Association Indoor Championships in Groby and shot a 5-dozen Portsmouth round against some of the country's top archers in most bow disciplines, in this Open UK Record Status event.

With two medal winners and lots of high scores, LAC made itself known as a force to be reckoned with in future competitions, and was certainly noticed by our bright and cheerful club shirts.

Only two of our team had ever shot at a formal external competition before, and it was certainly challenging, as it was very disciplined, with shooting in double details with double scoring, and against the computer display timing clock with just two minutes to shoot each 3-arrow end - just like you see at the Olympics.



So far to shoot those arrows



David and Andrew shooting



LAC shirts rule! - Charlie shooting while Alex waits his turn

But however challenging, it was really friendly, with everyone happy to give advice and help. With all 73 archers plus the staff and judges crammed in together in the school sports hall at Brookvale Groby Learning Campus there was not much elbow room, and kit had to be unpacked in the corridors.

Once we got used to the computerised timing system it all became a pressurised routine of the first detail pair to step up, shoot, step back behind the equipment line, then the second detail pair to step up, shoot, step back, then everyone go forward to score and retrieve arrows and immediately do it all again. As target faces had their centres shot out - yes, shooting was very accurate - the staff replaced the faces; and there were occasional equipment failures and broken arrows stuck in targets, all much as any club shoot.

There was not much time to relax while shooting, and each of the three sessions in the day took around two and half hours to complete. No wonder we shoot 6-arrow ends at the club as there just would not be time to do 3-arrow ends.

Our team was expertly organised and prepared for the event by Charles who took care of all the paperwork and entries, and the instructions on how to get there and how to behave - formal clothes and behaviour for an important UK record status shoot like this!



Some of the team from left, Jeremy, Cliff, Andrew, Charles, Clare, David

The full team was Charles, Alex G, Paul, Charlie, David, Andrew R, Meg (all recurve), Jeremy (compound), Clare (longbow), and Cliff (compound) who sadly could not shoot due to a hand injury.

Our medal winners were Jeremy and Paul, with everyone in our team shooting very well indeed. The full competition results are here (this is a link to an external website): <u>Leics & Rutland County Championship 2025</u>.

We are all looking forward to the next big competition, now we know what it is all about!

A massive thank you to Charles for his hard work and advice in preparing and taking a team from LAC to the Championships, a great achievement for the club.

Well done and congratulations to everyone who took part, a great team effort



One of the medals



Edit & photos courtesy of Jeremy, thank you

### **AWARDS**



Charlotte receiving a Portsmouth 500 badge



Jeremy receiving a Silver 2nd place medal in 50+ County Compound Portsmouth shoot and a Portsmouth 550 badge.



Charlotte receiving a Portsmouth 475 badge and Clare receiving a Portsmouth 300 badge



Paul receiving a 3rd place men's recurve 50+ County indoor championships medal



Paul receiving a Portsmouth 525 badge



### **CONGRATULATIONS AND WELL DONE TO ALL OF YOU!**



### PORTSMOUTH ROUND

Saturday 8th February Portsmouth Handicaps are as follows:

1st IAN 1455

2nd ANDREW R 1449

**3rd JEREMY 1442** 

That's quite close

= 4th were

CLARE, CHARLES and SHARON

all on 1428

Great shooting, well done everyone!



### **NEW CLUB RECORD**

Saturday 22nd February New club record achieved

CLARE Ladies' barebow WA18, Hits 50, no 10s, score 233.

Well done Clare!

### Did you know?

In the Middle Ages, a skilled long-bowman could release between 10-12 arrows per minute, that's roughly around an arrow every 5-6 seconds.

The first country with organised archery competitions was England in the 1500s

### **FEBRUARY L&R300 RESULTS**

TEAM	Archer	Gender	Bow Style	Age Group	Portsmouth Score	WA18 Score	Worcester Score	Total Score	Hits	10s/5s	Worcester Xs
Α	Alex G	М	Recurve	Senior	107	103	55	265	3	11	
	Cliff	М	Compound	Senior	108	95	55	258	35	9	
	Mick	М	Recurve	Senior	99	87	51	237	36	6	
	lan	М	Recurve	Senior	97	85	45	227	36	5	
В	Andrew R	М	Recurve	Senior	77	75	32	184	35	1	
	Marcus	М	Flatbow	Senior	70	47	31	148	32	3	
	Sara	F	Recurve	Senior	56	44	26	126	28	2	
С	Andrew K	M	Longbow	Senior	63	41	18	122	25	2	
	Lyn	F	Barebow	Senior	44	23	17	84	24	0	
D	Sylvia	F	Flatbow	Senior	38	18	8	64	17	0	

### Sat 15th February L&R300

PB's were achieved by the following this month:

IAN (Recurve) -58

MARCUS (Flatbow) -15

**SARA** (Recurve) -27
Sara achieved a PB for the 3rd consecutive month!!

LYN (Barebow) -6

Well done to everyone who took part.







# SAFEGUARDING YOUNG PEOPLE AT THE FIELD

As many of you will know, it is a requirement of Archery GB that each affiliated Club has a Welfare Officer, previously known as Safeguarding Officer.

I have held the role for several years, and I will be standing down at the Club AGM in April.

I am really pleased to report that over the many years in this role the club has been, and remains, a safe place to shoot. This is testament to the membership who enjoy an inclusive, friendly Club where all can enjoy their sport in great surroundings.

I am confident that my successor will find the role enjoyable, and will be able to continue the often said report to the Committee of 'Nothing to report.'

In closing, please continue to keep our Club an enjoyable place to be, just a few pointers for members, don't find yourself alone with a junior member, be mindful of language and banter, what some find funny, others may not, and if anyone ever has any concerns please speak to any Committee member, or the Club Welfare Officer for support and advice.

Thank you,

Jon

### **WORCESTER ROUND**

March 1st
On a handicap basis, top three in the competition were:



1st MICK 1441 2nd MEG 1440 3rd JEREMY 1436



Very close again

### **NEW CLUB RECORDS**

#### **MICK**

Men's 50+ recurve Worcester, 60 hits, 30 5's, score 261

CLARE

Ladies' barebow Worcester, 52 hits, 4 5's, score 150 **JEREMY** 

Men's 50+ compound Worcester, 60 hits, 42 5's, score 282

WELL DONE EVERYONE

### **BROKEN ARROW**



Sylvia managed to split her wooden arrow into two, that's another support stick for her plants!

### **GRASS SEEDING**



Where the ground was dug up for the new toilet installation, Cliff has been busy grass seeding, hopefully it will grow back well so the field looks smart for the summer. Thank you Cliff.







If you do use a cup please wash it up ready for someone else to use, as on occasions they have been left for others to do!

Thank you



### For your information—



A polite reminder that the setting up and putting away 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 the club secretary 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

### Club Notice

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.

### A thought for the day!..

Archery practice is always on point.



### Lost and found arrows

### **IMPORTANT INFORMATION**

If you lose or find an arrow whilst at the field please remember to report this as it is an AGB requirement that these are logged with the club.

There is a form for lost and found arrows on the website for you to complete at www.lutterwortharchery.org.uk

Please give the following information:



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



### Why not join our WhatsApp group chat?

Speak to Jon or email him on jfb930@gmail.com. Jon will need your mobile number to add you to the group.

We look forward to welcoming you to the group



### Remember to support your club by using easyfundraising every time you shop online



It's a way if you buy online you can help raise funds for the club. £300+ has been raised by members since we enrolled.

This means you can raise **FREE** donations for us no matter what you're buying.

If you haven't signed up to support us yet, it's easy and completely FREE. Donations really help us, so it would be great if you could take a moment to get started! You can find our easyfundraising page here:

https://www.easyfundraising.org.uk/causes/lutterwortharchery/

Thank you!

To find out more there is a video on youtube: 'easyfundraising explained in 80 seconds' https://www.youtube.com/watch?v=e6v6U\_QfSRA



### **VERY SMART PLANTERS**

Ken has very kindly donated 2 planters complete with plants to put either side of the cabin door, they look lovely and certainly brighten the entrance up.

Thank you very much Ken.



Just a reminder to members that when parking at the archery field can you please park behind the line.

This is to allow the robot mowers to track back to their parking bays.

They follow the wiring underground when their batteries require charging and can't get past if cars are parked close to the fence.

Thank you



### Club BBQ

The BBQ is 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.

### **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
- 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

### **CABIN WINDOW REPAIR**

One of the cabin windows has been leaking badly for some time now. So once we had a few dry days Cliff removed the whole window section, cleaned it up and resealed it to stop any water getting in. He has fitted it back together finishing it off inside with wooden strips and will paint it so it all looks smart again.

We really appreciate your time and effort Cliff, thank you again for doing such a brilliant job and for repairing and fixing many things at the field and keeping everything in good working order for us all to enjoy.







### **WA25 ROUND**

March 22nd

We don't shoot this round often, and it proved challenging, with no-one shooting up to their handicap.

The handicap order was:



1st CHARLES 1428
2nd CLIFF 1409
3rd = CLARE & SARA each 1405



### **NEW CLUB RECORDS**

There were two new Club Records achieved

### **MICK**

Mens 50+ recurve WA25, 60 hits, 3 10s, score 474

#### **CLIFF**

Mens compound WA25, 60 hits, 14 10s, score 528



## GREAT SHOOTING CLIFF



During the WA25 round on Saturday 22nd March,-Cliff got a perfect end with 6 arrows



in the 10 zone, brilliant shooting Cliff and well done!

TEAM	Archer	Gender	Bow Style	Age Group	Portsmouth Score	WA18 Score	Worcester Score	Total Score	Hits	10s/5s	Worcester Xs
Α	James	М	Compound	Senior	114	113	60	287	36	23	8
	Jeremy	М	Compound	Senior	110	106	53	269	35	14	
	Cliff	М	Compound	Senior	111	100	56	267	35	14	5
	Mick	М	Recurve	Senior	108	94	46	248	36	9	
В	Alex G	М	Recurve	Senior	99	92	52	243	36	10	
	Meg	F	Recurve	Senior	92	95	51	238	36	10	
	Glynis	F	Recurve	Senior	96	85	47	228	36	4	
С	David	М	Recurve	Senior	95	83	45	223	35	5	
	lan	М	Recurve	Senior	87	63	45	195	35	3	
	Marcus	М	Flatbow	Senior	53	54	21	128	30	0	
D	Sharon	F	Recurve	Senior	62	27	28	117	29	1	
	Andrew K	М	Longbow	Senior	58	32	15	105	24	0	
	Sylvia	F	Flatbow	Senior	47	36	6	89	21	1	
E	Alex G	М	Horse bow	Senior	29	32	9	70	18	0	
	Lyn	F	Barebow	Senior	21	11	14	46	15	1	

#### WELL DONE TO EVERYONE WHO TOOK PART!



Alex G shooting one of his horse bows. Thank you Paul for the photo.

### **HORSE BOWS**



In the picture I am holding and drawing a 25lb Mongolian horse bow, whilst on my back in the bow quiver I have a 40lb Hungarian (Magyar) horse bow. Historically these types of bows were used from Turkey all the way across the central Asian steppe to China and Japan in the East.

The traditional way to shoot the horse bow is with the arrow to the right of the bow, this allows the archer to reload more efficiently (especially if on a horse).

To draw the bow just the thumb is used rather than the 3 finger grip we are all familiar with. It was quite strange to try and adapt to for the first few days especially without having any nocking points or arrow shelf.

There isn't really anyone at the club with any experience of horse bow and thumb draw so I have learned the basics from YouTube. I'm not sure if Marcus is going to allow me to gallop across the the field on horseback, but there has been some talk about straddling one of the cows.

I should just say if any one would like to have a go I'm more than happy for people to try and I'll share what limited knowledge I have.

Thank you Alex for sharing information about your horse bows, very interesting.

### Las Vegas Shoot 2025

The Las Vegas Shoot is known as "the largest and most prestigious indoor archery tournament in the world," and it truly lives up to the hype. Every year, around 5,000 archers



make the journey to compete in either the Championship division (for the pros) or the Flights division (for amateurs). Naturally, I took part in the Flights division – however as they don't have a longbow or traditional category I had to compete with a barebow. A lot of you would have seen my struggles over a couple of weeks to get arrows onto a target face with it!

Flying with Virgin was quite the experience. Their regulations require ammunition and the weapon to be transported separately, so I ended up with two suitcases. At check-in, I had to fill out a triplicate form, and a security officer personally escorted my bags through the x-ray scanners and onto the plane. The crew seemed pretty excited when they received the paperwork just before the doors sealed and came to find me as "the lady travelling with a weapon".

I arrived in Las Vegas around 7pm the night before the competition kicked off. After breezing through security, I had the joy of meeting a very serious customs official, who waited while my bags were manually offloaded and handed straight to me. He casually mentioned that the US doesn't worry about weapons without serial numbers... not exactly the reassurance I was hoping for!

Once I made it to the Paris hotel which is where the Flights were being held, I grabbed a quick dinner with a few friends from Meriden Archery Club and collapsed into bed. The next morning, it was an early start to join the late-comers' registration queue and pick up my pass and goodie bag, which included a bow bag, rucksack, and lots of stickers! After that, I headed to the practice area to check my gear – including all the extra bits like my plunger and arrow rest – and make sure everything had survived the journey safely.

The competition format was straightforward: two qualifying rounds on Friday and Saturday, with scores combined to determine divisions of about 30 archers each. The top 8 finishers in each division on Sunday would earn prize money, with rewards decreasing for each subsequent division. First place in the top division earned \$2,000, while 8th place in the bottom division scored \$45 – just enough for two coffees and a couple of croissants at the casino café!

Friday's shoot kicked off at 9am. The format was ten ends of three arrows, with two ends of sighters to start. We were each assigned a 'bail' (boss), but the positions weren't fixed. It was first come, first served, so you attached your 40cm target face wherever you liked in the 4 quadrants – and you attached your name label on it. It was a proud moment seeing the Union Jack next to my name! There were only five Brits in the Flights division: myself, two female friends, and two gents shooting nearby.



Clare's pass

The competition hall was enormous, with music playing on Friday and Saturday, and the usual friendly banter between competitors. Everyone shared stories about where they'd travelled from, whether this was their first time at the event, and how their shooting was going.



The hall

After five ends, we moved to the reverse top or bottom position on the bail for the next five ends. Scoring was both on paper and via PDA, and once the ten ends were completed, all the archers queued up to hand in their scores to the judges.

By 11:30am on Friday, we were done, and it was time to head into the merchandise and vendor area. I treated myself to a new field quiver, and we ended up with a ton of stickers. Unfortunately, most of the vendors were focused on compound archery, which is very popular in the US, so there wasn't much for the traditional bow crowd.

Saturday's shoot was at 5pm, so we had the morning free to explore the Las Vegas outlets and, of course, start filling up the extra space in my two suitcases!

I had two main goals when entering the competition: 1) not to accidentally shoot someone else's target face and 2) not to come last. Luckily, I managed both! My qualifying score was just enough to land me in 29th place in the penultimate division (10th out of 11). Had I shot a bit worse, I might have been in the running for the bottom division first prize of \$150.

Sunday's shoot was a bit more intense. The music was turned down, and the chatter on the shooting line died down. After spending the previous two days with the same group of archers, it was nice to see everyone seeking each other out to wish them the best of luck. I shot consistently on Sunday, just like I had on the previous days, though I'll admit my heart rate was a bit higher during those two hours. In the end, I finished 25th in the division.

I'm happy with my results, especially given that I was shooting a bowstyle I haven't used in two years! My scores were as follows: Friday – 116, Saturday – 111, and Sunday – 117.

We wrapped up the competition with an indulgent trip to the patisserie at The Bellagio, because why not treat ourselves after all that hard work?

If you ever get the chance to attend, I highly recommend it. The scale of the event was extraordinary, and the sense of community and camaraderie among the archers was fantastic. I'm sure it'll be a few more years of saving up before I can return, but it's definitely worth the experience!



# LUTTERWORTH ARCHERY CLUB 2025 OUTDOOR DIARY & COMPETITION DATES



### NB: Schedule may change at short notice so please check your emails and club website

Date	Round	Doz Arrows	Sighters	
Saturday 5th April 2025		2pm		
Saturday 12th April 2025		2pm		
Saturday 19th April 2025	Warwick ** 2 doz at longest distance then 2 doz at shortest distance		6 arrows at 2pm	
Saturday 26th April 2025		12 Midday		
Saturday 26th April 2025		2pm		
Saturday 3rd May 2025	Club Awards	1pm		
Saturday 3rd May 2025	Warwick **	2 doz at longest distance then 2 doz at shortest distance	6 arrows at 2pm	
Saturday 10th May 2025		2pm		
Saturday 17th May - Sunday 18th May 2025	Вє	All Day		
Saturday 17th May 2025		2pm		
Saturday 24th May 2025	Long Metric **	3 doz at each distance Total 6 Doz	6 arrows at 2pm	
Saturday 31st May 2025		2pm		
Saturday 7th June 2025	National **	4 doz at longest distance then 2 doz at shortest distance	6 arrows at 2pm	
Saturday 14th June 2025		2pm		
Saturday 21st June 2025	National **	Summer Solstice Shoot	6 arrows at 2pm	
Saturday 28th June 2025		2pm		
Saturday	American <b>or</b>	2.5 doz at <b>60yds</b> then 2.5 doz at <b>50yds</b> then 2.5 doz at <b>40yds</b>	6 arrows at 1pm	
5th July 2025	St. Nicholas	4 doz at <b>40yds</b> then 3 doz at <b>30</b> yds		

Saturday 12th July 2025	I	2pm		
Saturday 19th July 2025	Western **	4 doz at longest distance then 4 doz at shortest distance	6 arrows at 1pm	
Saturday 26th July 2025	ı	2pm		
Saturday 2nd August 2025	WA1440 / WA720 / York / Hereford / Bristol or	6 doz at the longest distance. 4 doz at middle distance 2 doz at shortest distance	6 arrows at <b>10am</b>	
	National **	2 doz at longest distance then 4 doz at shortest distance	6 arrows at 2pm	
Saturday 9th Aug - Sunday 10th Aug 2025	Begin	All Day		
Saturday 9th August 2025		2pm		
Saturday 16th August 2025		2pm		
Sunday 17th August 2025	Outdoor C	Bowmen of Glen		
Saturday 23rd August 2025	Metric / 1440**  3 doz at each distance Total 12 Doz		6 arrows at 10am	
Saturday 30th August 2025	ı	2pm		
Saturday 6th September 2025	St. George / 3 doz at longest distance, Albion / 3 doz at mid distance then Windsor ** 3 doz at shortest distance		6 arrows at <b>12md</b>	
Saturday 13th September 2025	1	2pm		
Saturday 20th September 2025	National **	2 doz at longest distance then 4 doz at shortest distance	6 arrows at 2pm	
Saturday 27th September 2025	Fun Shoot (TBC)		2pm	
Saturday 4th October 2025	Warwick **	2 doz at longest distance then 2 doz at shortest distance	6 arrows at 2pm	
Saturday 11th October 2025	Kit move indoo	1pm		
Saturday 11th October 2025	Indoor Shooting	1.30pm		

<sup>\*\*</sup> Round indicated includes longer and shorter variations.

