



Newsletter

Issue 87 • June 2025

newsletter.lac20@gmail.com



Message from your editor...

Hello fellow archers,

We're now 2 months into outdoor shooting, the weather has been very kind and there have been lots of archers at the field most days.

Our AGM was held on 26th April and we now have some new elected committee members and some role changes, I wish them all the very best in their roles.

We had our awards presentations, again good weather albeit a little blowy and lots of achievement certificates and awards handed out.

The club held a beginners course which was well attended and there are plans to hold another one the second week in August (TBC).

We held an impromptu BBQ on Friday 16th May which was lovely, here's looking forward to many more during the summer.

Happy shooting,

Lyn

newsletter.lac20@gmail.com



- 1) Birthdays & New chairman
- 2) BPAA Winners, move to field, indoor season handicaps & new picnic table
- 3) AGM, 1st outdoor shoot, County development coaching & new members
- 4) & 5) Awards
- 6) Arrow Cresting & Indoor final report
- 7) Club notices
- 8) & 9) BBQ & Beginners course
- 10) 252 Club information
- 11) & 12) Long Metric & Outdoor Diary & comp dates



Sylvia • Lyn • Andrew R

Birthdays in JULY

Mick • Ian • Tom
James • Steve



Lutterworth Archery Club Chairman

Hello everyone,

I thought I would take this opportunity to introduce myself as your new Chairman of Lutterworth Archery Club. I really ought to start by saying thank you to you all. Without you making the club what it is and welcoming me the way you have I would likely not be stood where I am today.

I am Alex and have been shooting for just over a year. As many of you will know I attended last years' beginners' course and subsequently joined the club. In that time, I have made extensive use of the facilities, shooting on average 3-4 times a week at the field. So, whilst being relatively new to the club, I have become somewhat of a permanent fixture especially if the weather is nice!

Although I am a native of North Norfolk I have called Lutterworth my home for 40 years. For the last 17 years I have worked for Leicestershire County Council, where I manage a team of 45 people in the Department of Environment and Transport. I am a keen rambler and have a deep love of nature (not a nudist)!

By nature, I am someone that likes to get stuck in, and where possible help. Therefore, when I heard that the Committee was looking for new members for 2025, I saw this as an opportunity to give something back to the club.

Finally, please bear with me and the rest of the new Committee whilst we acclimatise to the position, roles, and responsibilities; we have big shoes to fill but I am sure with the support of the wider Committee and the general membership we can build on the legacy we have. Here's to the next year!





1st and 2nd place in BPAA Winter Postal League



The results of the British Police Archery Association (BPAA) winter postal league have just been published. The competition was a Portsmouth round shot each month from October 2024 to March 2025.

1st Place (Gold Medal + Trophy) goes to the East Midlands 'A' team - Paul (Lutterworth AC); Jon (Lutterworth AC) & Sharon (Kirby Muxloe AC)

The 'A' team beat the East Midlands 'B' team into **2nd Place** by just 2 points. The 'B' team was Mick (Lutterworth AC); David (Northants) & Heather (Northants)

David, the East Midlands co-ordinator, will arrange to present the trophy in due course.

GREAT RESULT FROM OUR LAC ARCHERS - WELL DONE

Edit kindly written by Mick, thank you

INDOOR SEASON HANDICAPS & NEW CLUB RECORDS

29th March saw another indoor season finished!

The handicap order for the Bray 1 was:

1st CLARE 1446

2nd DAVID 1435

3rd MEG 1429

New Club Records achieved:

JAMES

Mens compound Bray 1,
hits 30, 23 x 10s, score 293.
Goodness me!

SYLVIA

Ladies' flatbow Bray 1,
55 hits, no 10s, score 55

Well done all

A 2nd Picnic Table for the club

Ken S, Fred and Sam have kindly donated another picnic table to the club, a very welcome addition and has well been used in the lovely weather we have been having.



Thank you very much Ken, Fred & Sam

MOVE OUTDOORS

After shooting on 29th March the kit was packed up and loaded onto Cliff's trailer, it was taken back to the field in readiness for the start of the outdoor shooting season.



Kit all packed away and tidy

Keep those bosses rollin' rollin' rollin'!



Thank you to everyone for their help and support with the move.

1st shoot of the outdoor season



Saturday 5th April was the first shoot of the outdoor season, it was a lovely day and a good turnout for a practice shoot, some archers shot rounds.



AGM 2025



The club held its AGM on 26th April at the field which was supported well.

The agenda was worked through and questions asked and answered, reports from committee members were heard and various items voted on.

Jon thanked Glynis for all her hard work and commitment to the club as she was stepping down from Chair and Secretary and he presented her with some flowers, wine and a voucher.

We welcomed some new committee members and also had some role changes.

NEW CLUB MEMBERS

Please welcome 2 new senior recurve archers to the club:

KEN C and STEVE

Both are experienced archers and I know you will all extend a very warm welcome.

Did you know?

Archers shoot according to their dominant eye and because of this a right-handed person may shoot with their left hand and vice versa



Group Coaching from County Development Coach

Four of our members spent a very enjoyable and rewarding hot mid-May afternoon being coached in recurve archery at our field by County Development Coach Maggie Squires.

Using video recordings and the professional eye of a coach who has been helping archers at every level - including the GB archery squad - for more than 30 years, Maggie worked with us to help us improve our shooting techniques.

She then spent much time checking our bows and sights and showing us how to make those critical adjustments needed to get the very best out of the equipment.

An afternoon well spent with four very happy and hopefully even more accurate archers, and Maggie has offered to come again to work with another group - get your name down quickly (secretary@lutterwortharchery.org.uk).

Edit kindly written by Jeremy, thank you

OUTDOORS AGAIN! DON'T FORGET TO USE SUN SCREEN 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 AWARDS DAY



Awards for the year 2024/25 presented on Saturday 3rd May.

Achievement Certificates for setting a new club record were awarded to:

- ALEX G • ANDY R • CLARE • CLIFF • GLYNIS • JAMES • JEREMY • MARCUS
- MICK • PAUL • SYLVIA



above: Certificate winners

Trophies/shields were awarded to:

(members must have shot a minimum of 3 qualifying rounds and there must be at least 2 members in the category)

- Gents Recurve (Outdoors) **MICK**
- Ladies Recurve (Outdoors) **GLYNIS**
- Gents Longbow (Outdoors) **JON**
- Gents Recurve (Indoors) **ALEX G**
- Ladies Recurve (Indoors) **GLYNIS**
- Gents Longbow (Indoors) **JON**
- Handicap Improvement (Outdoors) **MARCUS** • Handicap Improvement (Indoors) **IAN**
- Novice Award (For new archers with less than 18 months experience) **ALEX G**
- Members Award (Voted for by the club membership) **CLIFF**
- Val Ward Memorial Trophy
(Best handicap points gained from 5 club competition rounds shot outdoors) **IAN**



above: Trophy/Award winners



Trophies and shields set out ready to present



Picnic table being well used



Bows all set and ready for a Warwick shoot

Handicap order for the Warwick shoot on 3rd May was:

1st equal IAN and MICK, both - 1444.

3rd ALEX G, close on their heels - 1440.

New Club record achieved:

MICK

**Men's 50+ recurve Warwick,
48 hits, 18 golds, score 356
(improving on his own record)**



**CONGRATULATIONS AND WELL DONE TO EVERYONE WHO WON
CERTIFICATES, TROPHIES AND/OR AWARDS. GREAT SHOOTING**



SAD NEWS

Remembering a former club member John Worley.

At the age of 37 John attended an open day at Rugby Archery Club and found a passion for the sport. He joined the club as a senior and proved himself to be highly skilled with a bow and arrow.

He encouraged his children to get involved, which led to Ian's path in the sport, who now shoots with us at LAC.

John was committed to the sport and passionate about improving his skills as an archer and a coach. He put himself through various teaching courses to assist other members which is how he became involved in coaching the junior members. He even helped two-time Olympic Bronze medallist Steve Hallard develop his skills.

At a Rugby Archery Indoor Club Championships John lifted the gent's trophy and medal with a score of 650

John had fallen out of the routine that archery had once provided, but in 2017 a chance meeting with an old student paved his way back to the sport and to Lutterworth Archery Club.



In recent years John's health began to suffer and sadly on 31st March aged 86, the sun set on his life.



Wording written by John's family

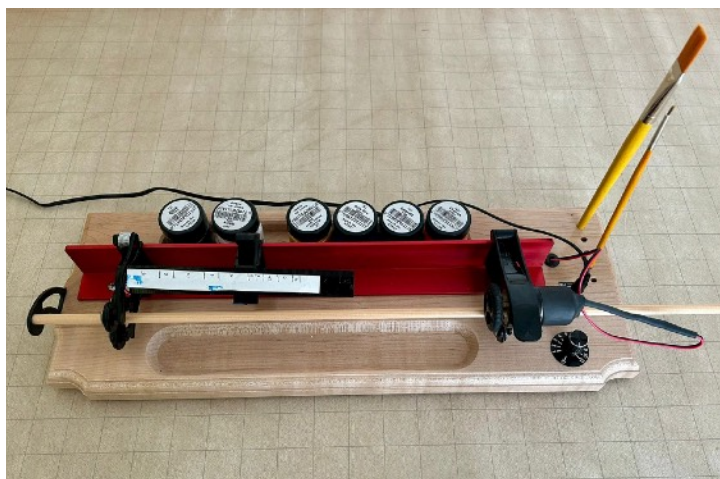


ARROW CRESTING

Arrow crestring - the practice of decorating arrows with painted bands or patterns - has a rich history rooted in both practicality and tradition. Historically, it served as a means of identification. Archers personalised their arrows with unique markings to distinguish their equipment. This practice was not limited to English longbow. Archaeological findings from the Citadel of Damascus from the early Ottoman period reveal arrows with distinct crestring patterns, suggests the practice existed across different cultures and eras.

In modern times, crestring continues as both a functional and artistic part of traditional archery. Personally, I am hoping that it helps in locating arrows that have strayed into brambles on a field course!

A crestring jig spins the wooden arrow shaft - much like a woodworking lathe. The spinning allows the paint to be applied consistently by holding a loaded paintbrush to the shaft with a steady hand. The faster speeds are especially helpful in applying thin bands, as you only need to touch the tip of the brush to the arrow for a moment.



In the photograph above, having worked out a rough pattern on a piece of paper and stuck it to the ruler on the jig, I used enamel paints from longbowshop.com. I painted the large bands first, and then finished up with the thinner black bands. The metallic paints and black went on easily, however the white needed several coats. Next time I will probably apply a coat of varnish on top, as the paints have been smudging a bit.

Certainly it is a therapeutic part of arrow making. On the one hand, it is a shame my archery skill isn't good enough for these arrows to last more than one season, but on the other, it will give me a new project to work on for over the winter months !



Wording kindly written by Clare, thank you it's very interesting.

INDOOR SHOOTING 2024/25

Report from Andrew, Records officer

Our indoor meetings have been well supported this season. 26 archers shot 198 rounds, of which 129 were in Club competitions and 11 in open tournaments.

23 archers now have indoor handicaps, 3 of whom have 2.

Classifications achieved are:

**2 Archers Class 3 • 5 Archers Class 2 • 12 Archers Class 1
• 5 Bowmen Class 3 • 2 Bowmen Class 2**

There is no indoor classification provision for flatbow archers.

17 new indoor Club Records have been achieved and 6 for the outdoor Frostbite round.

21 archers have shot rounds in the L&R300,
this number being exceeded by only one other club in the competition.

Final results on County website.

WELL DONE TO EVERYONE





CLUB NOTICEBOARD



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

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.



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



TEA & COFFEE AT THE FIELD

30p

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

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



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

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**.

You can find our easyfundraising page here:

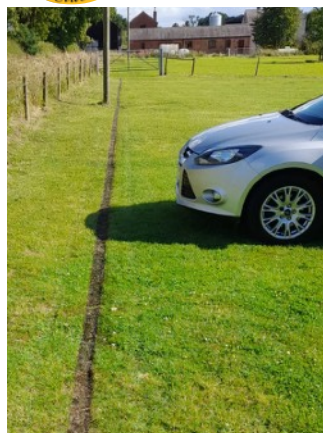


<https://www.easyfundraising.org.uk/causes/lutterwortharchery/>

Thank you!



Parking at the field



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.

FRIDAY EVENING BBQ

Paul organised an impromptu BBQ on Friday evening 16th May, the weather was good, everyone brought their own food to cook and something to share, including various salad items, cakes and a key lime pie.

Thank you to Paul for organising the event, everyone who brought food, the guys who fired up the BBQ and everyone that helped clear away and wash up.

We made good use of the picnic tables and brollies again. Clare brought a smart speaker so we had some music too.

All in all it was a very pleasant evening and great to catch up and chat with members and their families.



Ha Ha!!

Why did the archer take up gardening?
He heard it was a root cause of relaxation.

Archery competitions always have a point to them.

Did you know?

The average recurve arrow travels at about 150 mph and the average compound arrow travels at about 200 mph. That's race car level speed!



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 so that we know who has paid it in and what it is for.

Thank you



MAY BEGINNER'S COURSE



Our May beginners' course (weekend of 17th & 18th) was very well attended with nine budding archers including one junior.

We were lucky with the weather, glorious warm sun and hardly any wind, so everyone had a most enjoyable two days over the Saturday and Sunday.

Our beginners' courses set out to turn complete novices into safe and competent beginner archers, ready to step out and shoot with the club - even in competitions - in just two intensive days work.

We covered building up the bow, warm up exercises, safety on the range, how to set up to shoot, shooting at 10 yards and 20 yards, safe arrow collection, range etiquette, how to score, and even a light "competition" at the end, with some archers scoring very acceptable scores indeed. There was even time for rest and lunch breaks, and demonstrations of bow types including compound and longbow.



Our next beginners' course is in August, and our coaches and helpers look forward to an intense but enjoyable weekend of archery with another enthusiastic group.



Warming up exercises



Getting to grips with the bows



9 participants all smiles with their certificates



Thanks go to:

Our coaches Mick, Paul and Jeremy and our helpers over the weekend Cliff and Fred plus Ken (not in the photo)



A massive thank you to our coaches and helpers who gave up their weekend and worked very hard, not only over the 2 days but beforehand setting up equipment and at the end of the course packing it all away again.

Edit kindly written by Jeremy, thank you

DID YOU KNOW ABOUT THE LAC 252 AWARD



The Lutterworth Archery Club 252 Award Scheme

**A challenging and fun shoot for all bow styles
running all the year round – have a go!**

The **252 Award Scheme** means shooting **3 dozen arrows** at increasing distances into a full-size 122cm target face, using 5-zone scoring **with the aim of scoring 252 or more** with a recurve bow - other bow types have different scores as in the table below. The 252 scheme is used by many archery clubs across the UK and can be shot by any archer regardless of age, ability or bow type.

This is an informal club-based award scheme, with the aim of helping you to increase your accuracy and confidence in shooting at longer distances - and you can gain badges for your quiver too. It is not a competition, does not affect any competitions you take part in, and is entirely voluntary – but shooting for your 252 badges will certainly help to improve your archery.

The 252 scheme covers most types of bow, not just recurves. When a score of 252 or more is achieved with a recurve bow, or the equivalent score for other bow types as in the table below, you qualify to display a quiver badge with the legend **252** in various colours depending on the distance shot - 20, 30, 40, 50, 60, 80 and 100 yards. There is a selection of badges “in stock” at the clubhouse for members to buy if they want to.

The rules:

- Six sighters followed by 3 dozen arrows.
- 5-zone scoring (Gold = 9, Red = 7, Blue = 5, Black = 3, White = 1) using a 122cm target face.
- The 3 dozen arrows may be shot alone or as the first 3 dozen of a longer Imperial round.
- Badges must be claimed in sequence - you must get your 20yd badge before claiming for a 30yd.
- Qualifying scores for a given distance must be shot on different days - only one 252 claim a day.
- To claim a badge a signed and witnessed scoresheet must be submitted to the club's Records Officer - please make sure you include the distance shot on your scoresheet.

You can shoot for a 252 award on any day at our field, not just at club meetings, so long as there is a senior club member present to witness and approve your 252 shoot and sign off your 252 scoresheet.

The Lutterworth Archery Club 252 Award Scheme – all scores are for 3 dozen arrows shot

Distance (yds)	Recurve	Compound	Barebow	Flatbow/Asiatic	Longbow
20	252	312	228	181	120
30	252	309	220	160	111
40	252	308	208	147	94
50	252	305	201	142	87
60	252	300	189	138	81
80	252	299	175	130	80
100	252	296	168	117	75

The scores in the table have been calculated by our Records Officer to be of equivalent AGB archer classification levels, as far as is reasonable or possible, across each bow type. Scores may change in the future with changes in bows and disciplines or regulations, but 252 awards already gained would not be affected.

WHY NOT HAVE A GO AND SEE HOW FAR YOU CAN GET?

LONG METRIC ROUND

SHOOTING ON SATURDAY 24th MAY

Best on handicap at today's competition were:

1st IAN 1504

2nd MEG 1494

3rd ANDREW K 1457

3 archers lowered their handicaps



A new Club Record was achieved by:

CLARE - Ladies longbow Long Metric 2, 17 hits, no 10s, score 65

Also a new Club Record was achieved by:

MICK at practice on 21 May, Mens 50+ recurve National, 72 hits, 26 golds, score 500.

In the Val Ward Trophy three rounds have been shot, and leading are:

IAN 4347 and **ANDREW K** close behind 4340 each from 3 shoots.

ALEX G has done only two shoots, so his points are only 2898,
but this means his average is the same as Ian's 1449.

More shoots may well enable him to catch up.



LUTTERWORTH ARCHERY CLUB 2025 OUTDOOR DIARY & COMPETITION DATES



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

Saturday 7th June 2025	National **	4 doz at longest distance then 2 doz at shortest distance	6 arrows at 2pm
Saturday 14th June 2025	Free Practice		2pm
Saturday 21st June 2025	National **	Summer Solstice Shoot	6 arrows at 2pm
Saturday 28th June 2025	Free Practice		2pm
Saturday 5th July 2025	American or	2.5 doz at 60yds then 2.5 doz at 50yds then 2.5 doz at 40yds	6 arrows at 1pm
	St. Nicholas	4 doz at 40yds then 3 doz at 30yds	

Saturday 12th July 2025	Free Practice		2pm
Saturday 19th July 2025	Western **	4 doz at longest distance then 4 doz at shortest distance	6 arrows at <u>1pm</u>
Saturday 26th July 2025	Free Practice		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 <u>10am</u>
	National **	2 doz at longest distance then 4 doz at shortest distance	6 arrows at 2pm
Saturday 9th Aug - Sunday 10th Aug 2025	Beginners course (TBC)		All Day
Saturday 9th August 2025	Free Practice		2pm
Saturday 16th August 2025	Free Practice		2pm
Sunday 17th August 2025	Outdoor County Championships		Bowmen of Glen
Saturday 23rd August 2025	Metric / 1440**	3 doz at each distance Total 12 Doz	6 arrows at <u>10am</u>
Saturday 30th August 2025	Free Practice		2pm
Saturday 6th September 2025	St. George / Albion / Windsor **	3 doz at longest distance, 3 doz at mid distance then 3 doz at shortest distance	6 arrows at <u>12md</u>
Saturday 13th September 2025	Free Practice		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 indoors - Indoor shooting begins		1pm
Saturday 11th October 2025	Indoor Shooting at Lutterworth Sports Centre		1.30pm

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

