



Newsletter

Issue 88 • August 2025

newsletter.lac20@gmail.com



Message from your editor...

Hello fellow archers,

Another great couple of months shooting with extremely hot weather albeit quite windy at times. We've managed to fit in a BBQ and plenty of competitions and Meg has also organised another farm visit courtesy of Marcus.

The club has been represented at various external shoots by James, Matthew and Clare which is great to see, they all did a brilliant job so well done to you all.

Lots of birthdays (which obviously means cakes!) with some special ones in the last couple of months!

Let's hope the weather is kind over the next couple of months so we can enjoy being outdoors at the field.

Happy shooting,

Lyn

newsletter.lac20@gmail.com



- 1) AGB fees reminder
- 2) National round & work at the field
- 3) James at the UK Masters
- 4) New Club members & Dates for your Diary
- 5) Matthew at 321 shoot
- 6) Club noticeboard
- 7) & 8) UK Record Status Field Tournament
- 8) Windy practice shoot
- 9) National Shoot & Summer Solstice
- 10) American/St Nicholas round
- 11) BPAA Tournament coming to LAC
- 12) Bow maintenance workshop
- 13) Michael's story AKA The Walking Poet
- 14) Outdoor Diary & Competition dates



COUNTY NOVICE SHOOT DATE FOR YOUR DIARY

Sunday 7th September - County Novice Shoot
(for archers with less than 18 months experience)

National Rounds (Seniors 60yds then 50yds).

Hosted by LAOFAC (Countesthorpe).

Entry form and details on the county website.



AGB FEES 2025-26

This year sees AGB membership year run from the day you join, therefore renewal runs from that date. For the majority of club archers, this was a fixed date every year (30th September), so this is a reminder that Archery GB annual insurance fees are due in for these club members.

If you are unsure of your renewal date, then check your AGB membership card.

AGB will be sending email notifications to you. You can pay direct to AGB or via the club account.

If you are paying direct to AGB then please let us know, and do not forget to pay your region and county fees direct to the club account.



If you do not plan to renew please contact us so we know.



PLEASE NOTE:

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

...

As this is the first year of this renewal system, please bear with us and advice will follow.

NATIONAL ROUND

On 7th June it was a Nationals shoot, 4 doz longest distance and 2 doz shortest distance (6 doz)

A few archers turned up but due to poor weather only two archers took part, Clare was first on handicap with 1468, doing well in the conditions to improve her handicap.

It did rain on and off so some archers just had tea, cake and a chat.

There was no change in the Val Ward Trophy standings.



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



CLIFF'S BEEN VERY BUSY AGAIN

Cliff has been busy working at the field again, he has fitted vents in the toilet hut to keep it better ventilated.

He has also painted the end of the cabin nearest the gate and the front of the cabin, its very hard work in the hot weather but it all looks fantastic again now, great job and looking very smart!

I think we'd all like to say a massive thank you to Cliff for all his hard work at the field, it is very much appreciated by everyone.

Thank you again Cliff for all your hard work.



front of the cabin before & after



A PAINFUL REMINDER ABOUT SAFETY AT THE FIELD FROM JON

When I had my beginners course, many years ago, I remember Val Ward saying to all of us 'Whenever you approach the target after shooting, never, ever lean forwards as you will regret it.'

Sound advice, which I completely forgot a few weeks ago, after getting to the boss I bent forwards to pick up the scoresheet, and ended up stabbing myself in the head, boy are those nocks sharp!

The result of my error is shown in the attached photo.

The moral of the story is please be mindful of your own safety when approaching the boss, and probably put the scoresheet to the side and not underneath!!

My thanks to Lyn for her first aid skills in stopping me from bleeding all over the place.

Thank you Jon for some sound advice!





JAMES AT THE UK MASTERS JUNE 2025



In June 2025, I attended the UK Masters. This shoot is invite only for archers that achieved the Master Bowman (MB) ranking in the previous year. The MB scores used to represent the top 4% of UK archers before the classification changes in 2023 made it a little more complex (but it's still fairly similar in standard). This year that meant around 30-50 people in each category.



The event is over two days at Lilleshall National Sports Centre. The Saturday serves as the ranking round with a double WA720 (2 lots of 6 dozen arrows at 122cm face at 70m for recurve, 80cm face at 50m for compound). The Sunday is head to head matches but a bit different to other shoots. Rather than a knockout format, it is repechage head to heads, so you shoot for every position, so in this case, everyone had 6 matches.



The weekend was hot, and Saturday was dry but windy (although nowhere near as windy as many shoots this year), I managed to get two MB scores (I guess validating me being there!) and ranking me 20th.

The Sunday was much calmer with a bit of rain here and there. Compound archers shoot 15 arrows in a match (max score of 15). I had a bye through my first match, for the rest of the matches I was very consistent, with all the scores landing between 141 and 144. With the way that played out, I lost my second match by two points meaning the best I could do for the rest of the day was 17th overall, but winning the next 4 matches meant that I finished in 17th.

Overall, I was happy with how the weekend went, getting two MB scores and winning 4 of my 5 matches I can't really complain! Next time I just need to get the order in which I win my matches correct to get a higher placing!

Thank you James for sharing your experience at the UK Masters shoot and giving us an insight into what goes on at external competitions, its fantastic that you have represented our club and importantly you've done really well too - great job!

Wording kindly written by James, thank you for sharing your experience and well done



Raise FREE donations for



Lutterworth Archery Club



every time you shop online

Search for us on: [easyfundraising.org.uk](https://www.easyfundraising.org.uk)

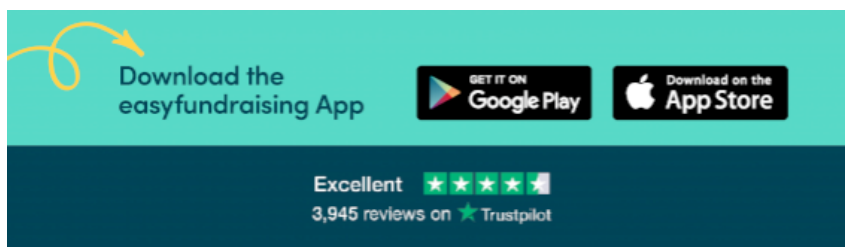
8,000+ online retailers will give us a free donation when you shop with them at no extra cost to you



You can find our easyfundraising page here:

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

Thank you!



SOME DATES FOR YOUR DIARY

Sunday 17th August - County Outdoor Championships (York/Hereford rounds) Hosted by Bowmen of Glen. *Details on the county website*

Saturday 13th September - WA70m/60m/50m + Head to Head hosted by Bowmen of Glen.

Details on the county website

Sunday 14th September - WA70m/60m/50m + Head to Head hosted by Bowmen of Glen.

Details on the County website

Sunday 14th September - Derbyshire County Champs. Hosted by Anchor Bowmen at the Asterdale Sportsground, Spondon Derbys.

WA Double 720 & Double Metric rounds.

Details on the EMAS website

Sunday 28th September - Open American. Hosted by Sherwood Archers, Notts.

Details on the EMAS Website



NEW CLUB MEMBERS

Please say hello and give a warm LAC welcome to our New Members:

From the May beginners course

WILLIAM (BILL)

MICHAEL

MATTHEW O

AGNES

RASLYN



Returning to the club after a period with other clubs or doing other things

MARTIN M

GAYNOR

ELEANOR

RICHARD



Returning after a period of not shooting

ADELE

and her husband

TOM E

Who has been shooting with DeMontfort University

All the above are senior (Over 21) Archers.



A thought for the day...

archery is the perfect blend of power, grace, and determination



MATTHEW AT THE 321 SHOOT AT KIRBY MUXLOE



321 Shoot experience: Being my first competition I was incredibly nervous. That being said the atmosphere at the event was incredibly warm and inviting.

It was good to be part of the event with everyone coming together to have some fun. It was a very good experience, I felt supported and quickly put at ease as the competition went on, I was shown plenty of support and knowledge it was truly enjoyable.

Overall I'm happy with my score for the day, I shot a 7.39 arrow average so a score of 533 in total for the National 30.

Wording kindly written by Matthew O, thank you for sharing your first completion experience with us, well done, great job.



I think that smile says it all!

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 NOTICEBOARD



Club BBQ

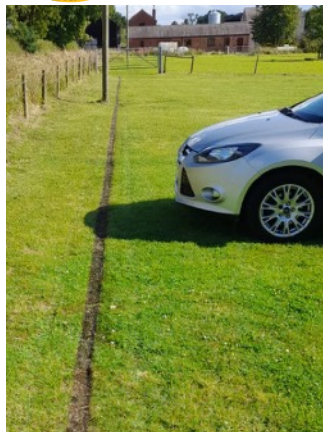
The BBQ is available for members use, if you do use it please bear the following safety tips in mind:

- 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.

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

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



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



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

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.



UK RECORD STATUS FIELD TOURNAMENT

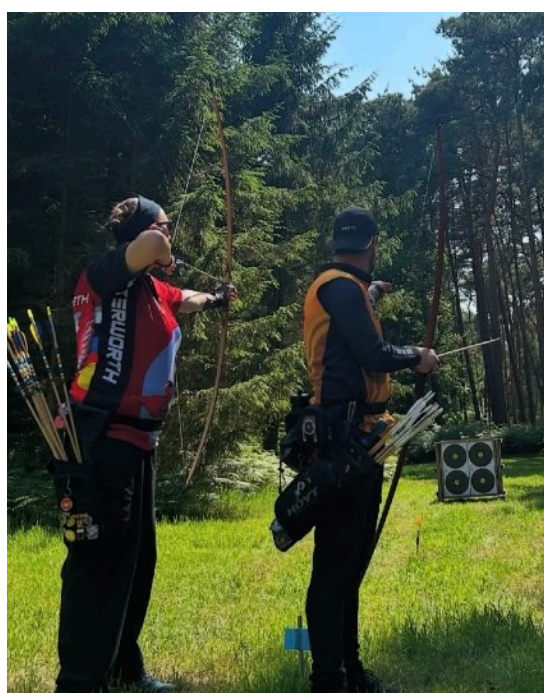
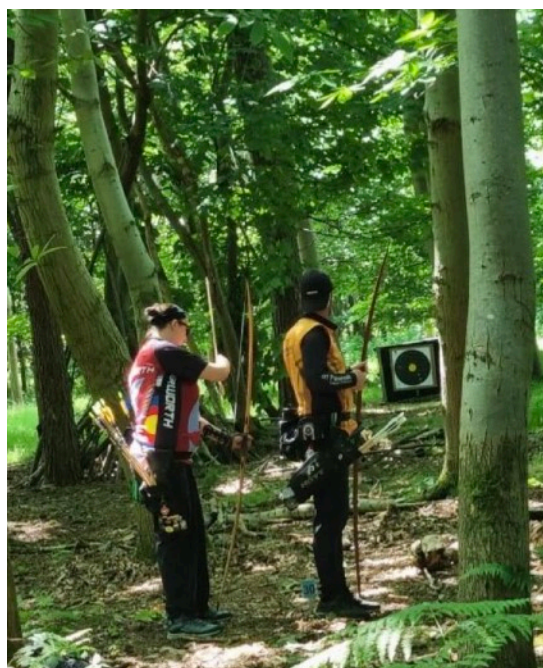


ATTENDED BY CLARE

The field tournament was on the 14th and 15th June near Ipswich, hosted by Gipping Valley Archers. I had attended their practice one day tournament last year, and this year their competition was a UK Record Status one.

The course consisted of 3 loops of 8 targets, 12 marked with distances and 12 unmarked and was set out differently on both days. The target faces ranged from 20cm to 80cm and for my bowstyle, longbow, ranged between a distance of 5m to 50m, at different angles and elevations.

The weather was beautiful on both days and on the first day I had the pleasure of shooting with a fellow longbow archer, Mark Almond, who kindly gave permission for his photographs of us to be used in the newsletter. Being senior longbowers we were shooting from blue peg markers. We were joined by two compound archers who were shooting from the red pegs at each targets. Each group of four archers started at a different target in the morning, and the work party took everyone out onto the course following a safety briefing. Once the klaxon was heard, we were clear to start shooting in double details.



In field competitions depending on the type of target, depends on what you need to do. A single target face is straight forward. However, a triple target requires each archer to shoot in their designated column with one arrow per target face. Once all four archers have shot, double scoring is done by two of the archers, with the other two archers on pulling and sometimes searching for arrows. A notable safety point, is that you always leave an archer in front of the target so if the next group arrives while the rest of the group is deep in the woods searching for lost arrows, they don't start shooting! Any lost arrows are recorded at the target, you follow the marked trail through the forest to the next target and locate your peg - rotating the detail order of shooting.

With this course, after you got to the end of a loop you found yourself back at the tea tent so it was only polite to rest for a few minutes for the compulsory tea and cake, and at the end of the second loop of the day - some lunch.

This was only my second field competition and I really enjoyed shooting the unmarked distances which was something I hadn't done before. I suspect it may be a little easier for traditional archery styles than for recurve and compound archers, as we may be a little more used to instinctive aiming.

Definite learnings for me this time around were being able to deal with shooting across patches of bright sunshine and shade, especially if the target is in a substantially different level of illumination to the one you are standing in. Also, how to try and estimate distances if you do not have much in the frame of reference.

The company from other archers on both days was excellent with a lot of encouragement, good humour and generous support. It is a very social form of competition due to the length of the days and the amount of time required to stand and walking together. I had the joy of being in beautiful woodland, got to see some muntjac deer early on Sunday morning and came away with a silver medal...and I only lost 2 arrows!

I would definitely recommend the experience to anyone who wants to try it.

Thank you for sharing your experience with us Clare, well done, great job.



LOVELY DAY BUT VERY WINDY!

Saturday 14th June was a practice shoot, it was nice weather but very windy, quite a few archers braved the wind and some new members came along and shot which was lovely to see.

Matthew's wife Scarlett came & took some informal photos.

Sylvia brought cakes as it was her birthday the next Sat but she was going to be away, they went down very well with a cup of tea/coffee and a chat!



Photos courtesy of Scarlett - Thank you.



NATIONAL SHOOT & SUMMER SOLSTICE



On 21st June it was the Summer Solstice, a National round was shot followed by a BBQ, some family and friends came along for the BBQ where food was brought along to share, a very pleasant afternoon and evening.

Thank you to all who brought food, helped with cooking and cleaning up afterwards.

The Handicap scoring for todays shoot was:

1st DAVID 1465



2nd GLYNIS 1464



3rd CLARE 1450

NEW CLUB RECORD

GLYNIS

Ladies' Recurve National 50

72 hits, 31 golds, score 542

WELL DONE TO EVERYONE WHO TOOK PART



A different view of the field, taken walking back from the farm.



...and for my next trick shot!

Whilst shooting a National round with her longbow at 60 yds, Clare managed to get an arrow through the scoresheet standing at the foot of the boss 3 times, that's quite an amazing achievement!



Polite request

If you use the club toilet, we kindly ask that you please leave the facility in a clean condition as you would expect to find it.

Thank you



Polite Notice



Before leaving the field can you make sure any target faces are removed, straw bosses put away in the container and foam bosses re-covered please?

Recently everyone had left the field that meant that someone was left to put equipment away on their own.

Thank you



Thank you Sue



On Saturday 28th June it was a very warm and windy day, it was a free practice shoot and a coaching session took place before shooting began.

Jeremy brought in biscuits again, very kindly baked by his wife Sue.

Thank you again Sue for all the lovely biscuits and cake you supply us with, they are all very much appreciated.

WINDY AGAIN!

Saturday 5th July was an American round 7.5 doz at 3 different distances or a St Nicholas round 7 doz at 2 distances. It was nice day but very windy again, so nobody scored up to their handicap.

1st CLARE 1418

2nd STEVE 1403

3rd IAN 1402

(only just behind)



The Val Ward Trophy standings after this shoot are:

1st IAN 7214

2nd ANDY K 7031

both from 5 shoots

3rd CLARE 5736

from 4 shoots



Mick brought cakes as it was his birthday the next day and they were much appreciated as usual, thank you Mick.



Did you know?

3D Archery is a type of field archery where archers shoot at life-size models of animals. It is popular with hunters and many of them started leaving hunting and concentrating on this competition.

Excuses for missing the target

I missed because:

...it's too windy

...the sun was in my eyes

...I forgot to set my sight for that distance

...I've not shot for weeks



★ BPAA National Summer Tournament here in August ★

GREAT NEWS!!! The British Police Archery Association have chosen to hold their National Summer Tournament at Lutterworth Archery club. This is a great coup for Lutterworth and may present an opportunity to raise the profile of the club and gain some positive publicity.

The tournament will be held at our field on **Sunday 31st August 2025**. It will be a Windsor round (60/50/40yds) and is restricted to BPAA members.

In order to facilitate this event, the field will be closed for shooting except for BPAA members. However, that doesn't mean Lutterworth members are not permitted, in fact we will need your help. There is an opportunity for our members to be involved by volunteering to help in various roles, in addition, members are also welcome to spectate.

By the time you read this, you should have received an e-mail asking for volunteers where you have an opportunity to select a role(s) to assist with on the day.

The field will need to be set up before the 31st. This will be done during the week preceding so you may find that bosses have been moved and there are various markings on the field. Please do not interfere with these or move the bosses. They will all be returned to their original position during the week following the tournament.

If you have any queries concerning this event, or wish to volunteer your services, please contact Mick, who is liaising with, and assisting in, the organisation with the BPAA.



RAIN ALMOST STOPPED PLAY!



On 19th July a Western round was shot, it was raining quite heavily at times so only a few hardy archers completed the round.



Handicaps to date are:



1st MARCUS 1408

2nd ALEX G 1399

3rd ANDY K 1374



Jon in the dry - manning the umbrella

WELL DONE GUYS FOR BRAVING THE ELEMENTS

BOW MAINTENANCE WORKSHOP

Mick held a bow maintenance workshop at the field on 12th July (before shooting).

The workshop went through some basic maintenance and checks to keep your bow performing correctly and consistently.

It was a 'hands on' session so participants were able to check their own bow.

This workshop was particularly useful to new / novice archers but all members were welcome.



NEWBORNS AT THE FARM

While we were at the solstice shoot at the field on 21st June, Marcus mentioned he'd had 2 sets of twin calves born that day, so Meg and I went up to see them and I took a couple of photos, they looked lovely but still a bit wobbly on their legs, they were very cute!



Mum was keeping a close eye on us to make sure we didn't come too close

WELL DONE FRED

Ken sent this photo and said 'now that's how to get a perfect group...with a bit more practice Fred will be fine!'



Saturday 12th July

was a free practice after Mick's bow maintenance workshop.

Ian brought cakes as it was his birthday and his wedding anniversary.

Thank you Ian, very nice

Did you know?

The 2nd oldest archery artefact is 48,000 yrs old.

The arrowheads in South Africa have held the top spot for years but in 2020, a new artefact claimed the No. 2 spot. In 2020, archaeologists discovered arrowheads crafted from animal bone in a rainforest cave in Sri Lanka. They date the arrowheads at a whopping 48,000 years old. We're not referring to just one little point. The excavations in Sri Lanka produced 130 bow arrow tips. That's a lot of archery being practiced!

Michael's story (AKA The Walking Poet)

I was introduced to walking at Active Oadby and Wigston local walking groups by my social prescriptive link worker Charlotte after losing my wife in 2021.

The walking group was a great help with my grief so I decided to give something back and become a walk leader. I found myself writing short rhymes which then developed into writing poetry.

Charlotte encouraged me to publish which was very scary but I plucked up courage and did it. I decided at an early stage I would donate a percentage of royalties to the Headway Leicestershire, Leicester and Rutland charity as they were a great help for my wife.

My first published book 'Reflective Mind' was basically an outlet of my grief after losing my wife, in the hope it would help people in similar situations. I have published 3 books in total to date with all proceeds going to Headway charity.



My 3 books published so far

I have always had a passion to learn archery so joined the beginners course at Lutterworth Archery Club which I enjoyed, so I then joined the club which I am really enjoying when time allows.

The walking group and archery club are a very good therapy for loneliness, it helps with meeting people who are sometimes in a similar situation to yourself.

I am now an ambassador for the Headway Leicestershire, Leicester and Rutland charity and raise awareness for the charity whenever I can.

I assume you've noticed my sunshine yellow car, which you can't really miss, the reason I had my car wrapped was to advertise the charity, I did ask special permission to have this done.



Michael's story in his own words

Sylvia's zip wire experience

It was Sylvia's 80th birthday in June and she did a zip wire experience in Wales with her family. She said she had a great time.

It looks quite high up to me!



high up over the slate quarry



Sylvia & Lindsey ready to go

Ha Ha!!

What did the archer say to the broken bow?
'You really strung me along.'

Archery is a sport with a lot of draw...!



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 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 10am
	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 10am
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 12md
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.**

