



Newsletter

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Message from your editor...

Hello fellow archers,

A great start to outdoor shooting with good weather, apart from being very windy on the first few club days. This didn't stop some archers who braved the wind.

We have had some busy club days recently and lots of members have made the most of the good weather during the week too.

Our AGM was well attended and saw 2 new committee members being elected with Meg sadly stepping down after serving on the committee for a very long time.

The awards presentations were held on 16th May, it was a bit cooler that day but it went off very well.

We did a walking quiz trail on 24th May which was good fun, it was such a hot day but the ones that turned up did say they enjoyed the challenge.

Happy shooting, see you at the field,

Lyn

newsletter.lac20@gmail.com



- 1) LAC AGM
- 2) Badges, 1st outdoor shoot, Bray
- 3) Club Notices
- 4) Parking at the field, Sun protection, New clock
- 5) L&R 300 & medals
- 6), 7) & 8) Beginners course
- 9) Martin's award & Bow stand
- 10), 11) & 12) LAC Awards & presentations
- 13) LAC Quiz Trail
- 14) Safeguarding at the field
- 15, 16), & 17) Bow making
- 18) Steve's PCT trail
- 19) & 20) Club diary and competitions

Birthdays in JUNE
Sylvia • Lyn • Andrew R • Thomas E • Tom B

Birthdays in JULY
Mick • Ian • James



LAC AGM



Our AGM was held on Saturday 18th April at the archery field. It started at 12.00 and was very well attended. As Jeremy was away Paul stood in for him, going through the agenda points and keeping everyone in order.

John L was voted in as secretary, as Jeremy was stepping down after serving on the committee for the last year, thank you Jeremy and welcome to John.

Meg also stepped down as social secretary after being on the committee in various roles since the club started in 2002. Over the years she has done an amazing job in organising events and dinners, thank you Meg for all your hard work over the many years. As a token of appreciation Meg was presented with a gift voucher, flowers and wine.

Sylvia was awarded Honorary Life membership to the club. She also has been at the club since it started so 24 years, she did serve on the committee for a time and has looked after the tea fund for many years, making sure we had plenty of tea, coffee, milk, biscuits and cake. Thank you Sylvia for always being there and for looking after everyone.

Richard was voted in on the committee as Communication Officer (looking after our website etc), welcome Richard.

Shooting commenced as usual after the meeting.





BRAY 1



The last shoot of the indoor season

On 28th March the handicap order was:

1st BILL *well ahead at 1483*

2nd RICHARD 1446

3rd SYLVIA 1444



NEW CLUB RECORDS



ALEX

Men's recurve Bray 1, 30 hits, 2xX, score 265

MICK

Men 50+ recurve Bray 1, 30 hits, 1xX, score 236

SONIA

Ladies' recurve Bray 1, 30 hits, score 246

SYLVIA

Ladies' flatbow Bray 1, 11 hits, no X's, score 59

WELL DONE EVERYONE

ANOTHER WINDY DAY AT THE FIELD

Sat 11th April was again a very windy day for shooting. Quite a few archers braved the wind again and shot but a lot of time was spent searching for lost arrows.

While Ian was shooting on the wheeled boss the wind caught it and blew it over, breaking 2 of his arrows.



NEW CLUB MEMBERS

Please give a warm LAC welcome and say hello to:

GEORGE (*Marcus' Daughter*)

a senior archer currently shooting barebow

GLEN

A senior recurve archer who has recently moved into the area having previously been a member of Northern Counties Archery Club.

1st OUTDOOR SHOOT

Sat 4th April saw the 1st outdoors shoot and it was really windy, some archers braved the wind but quite a few took refuge in the cabin, Sylvia had brought easter nest cakes and Jeremy's wife Sue had sent cake too.

The cakes were all very nice and went down very well with a cuppa, thank you ladies for the cakes, very much appreciated



Ha Ha!!

How do archers stay warm in winter?
They fire up the competition.

Archers have a shaft of knowledge when it comes to hitting the mark.

Archery competitions are always a hit.

Lutterworth Archery Club sew on badges and stickers

At the request of members, these are now available from Mick



Sew on badge (7cm)
£2.00

stick on badge
(10cm) 50p



car sticker (8cm)
sticks on inside of
window 50p





CLUB NOTICES



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



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



Raise FREE donations for



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Search for us on: 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!



Download the easyfundraising App



Did you know?

There is a Members' Area on our website, with lots of useful archery information, passworded just for our members.

It's found in THE CLUB section of the main menu, or directly here: <https://lutterwortharchery.org.uk/members-area/membership-login/>.

Please note

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

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

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.



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

Parking at the field

Just a reminder to members that when parking at the archery field can you please park behind the line by the fence and to the right of the line by the gravel parking area.



This is to allow the robot mowers to track back to their parking bays. You can see the mower tracks on right hand photo.

They follow the wiring underground, when their batteries require charging they can't get past if cars are parked close to the fence and close to the edge of the gravel parking

Thank you



WHAT'S THE TIME?



Have you seen the new clock in the cabin?

John our secretary has kindly made us a new clock for the cabin featuring our logo, what a lovely thought.

Thank you very much John

Did you know?

In 2340BC, the Babylonians first used arrows as well as bows for warfare activities



MARCH 2026 RESULTS

TEAM	Archer	Gender	Bow Style	Age Group	Portsmouth Score	WA18 Score	Worcester Score	Total Score	Hits	10s/5s	Worcester COMP Xs	TEAM TOTAL
A	Alex G	M	Recurve	Senior	112	103	56	271	36	16		797
	Cliff	M	Compound	Senior	108	105	56	269	36	13	2	
	Mick	M	Recurve	Senior	106	95	56	257	36	15		
B	Jeremy	M	Compound	Senior	108	93	44	245	34	6	0	720
	Glynis	F	Recurve	Senior	104	88	50	242	35	8		
	Chris O	M	Barebow	Senior	107	83	43	233	36	8		
C	Richard	M	Recurve	Senior	97	90	46	233	36	7		674
	Ian	M	Recurve	Senior	98	79	44	221	36	4		
	David L	M	Recurve	Senior	104	75	41	220	36	2		
D	Andrew R	M	Recurve	Senior	106	73	38	217	34	7		558
	Bryan	M	Recurve	Senior	79	78	42	199	36	5		
	Clare	F	Longbow	Senior	49	64	29	142	29	2		
E	Alex L	M	Recurve	Senior	63	31	32	126	28	1		337
	Alex G	M	Horsebow	Senior	53	39	19	111	28	1		
	Andrew K	M	Longbow	Senior	38	42	20	100	27	0		
F	Sara	F	Recurve	Senior	51	40	9	100	23	0		274
	Lyn	F	Barebow	Senior	60	20	9	89	20	0		
	Paul	M	Flatbow	Senior	40	22	23	85	25	1		

2025 - 2026 FINAL CLUB PLACINGS

Archer	Gender	Bow Style	Age Group	Oct	Nov	Dec/Jan	Feb	Mar	Total	Hits	10s/5s	Worcester COMP Xs
Alex G	M	Recurve	Senior	256	251	276	280	271	1334	180	72	0
Mick	M	Recurve	Senior	242	255	242	252	257	1248	178	52	0
Glynis	F	Recurve	Senior	216	190	252	249	242	1149	176	28	0
Richard	M	Recurve	Senior	192	228	232	242	233	1127	178	25	0
Andrew R	M	Recurve	Senior	205	213	221	192	217	1048	174	29	0
David L	M	Recurve	Senior	231		244	238	220	933	144	27	0
Ian	M	Recurve	Senior	222	192		228	221	863	143	17	0
Cliff	M	Compound	Senior		267		260	269	796	108	31	8
Bryan	M	Recurve	Senior	186	191	219		199	795	140	14	0
Tom B	M	Recurve	Senior	235	222		240		697	108	21	0
Meg	F	Recurve	Senior	197	204		234		635	108	14	0
Clare	F	Longbow	Senior	66	120	149	137	142	614	138	6	0
James	M	Compound	Senior			295	295		590	72	63	19
Andrew K	M	Longbow	Senior	117	139	85	95	100	536	124	4	0
Jeremy	M	Compound	Senior	269				245	514	70	17	0
Alex G	M	Horsebow	Senior	94	65	134	84	111	488	91	2	0
Steve	M	Recurve	Senior	224	263				487	71	22	0
Chris O	M	Barebow	Senior				209	233	442	72	15	0
Lyn	F	Barebow	Senior	92		111	124	89	416	96	2	0
William	M	Recurve	Senior			167	132		299	58	3	0
Sharon	F	Recurve	Senior			130	120		250	57	2	0
Paul	M	Recurve	Senior		242				242	36	11	0
Jeremy	M	Longbow	Senior			134	88		222	60	2	0
Martin	M	Recurve	Senior				216		216	36	9	0
Melvin	M	Recurve	Senior		188				188	36	1	0
Sylvia	F	Flatbow	Senior			73	79		152	34	2	0
Alex L	M	Recurve	Senior					126	126	28	1	0
Sara	F	Recurve	Senior					100	100	23	0	0
Paul	M	Flatbow	Senior					85	85	25	1	0

A fantastic achievement, from LAC with our team winning a total of 9 medals overall.

Frostbite 25/26 Individual medals:

- Alex G - Gold & Silver
- Cliff - Bronze
- Clare - Bronze



Frostbite 25/26 Senior Team medals:

Mick, Cliff & Alex G - Bronze medal each

L&R300 25/26

- Alex G - Silver
- Clare - Bronze



WELL DONE TO EVERYONE WHO TOOK PART



WARWICK ROUND



After the AGM on Saturday 18th April a Warwick round was shot

The handicap order was:

1st = RICHARD and ALEX both 1446

3rd ANDREW R 1438

NEW CLUB RECORD

GLYNIS Ladies' 50+ recurve Warwick 50, 46 hits, 4 golds, score 288

WELL DONE EVERYONE

MORE NEW CLUB MEMBERS

Please give a warm LAC welcome and say hello to:

DAVID (senior)

ALFIE (Junior)

LINDSEY (senior)

CHRISTOPHER (senior)

BEN (Junior)

All five of these new members join us after completing their beginners course at LAC in April.



APRIL BEGINNERS' COURSE

On the last weekend of April, we had glorious weather for our first beginners' course of the year. We had 8 participants attend the field at 9:45 for two days training. As some of you may remember there is a fair amount to get through to gain that certificate of 'competence and safety' on Sunday afternoon at the conclusion of the course, so you can then begin your archery journey as a member of our club or another if you wish.



The syllabus allows some flexibility, so we generally start with introductions, safety and kit issue. A gentle warm up and an introduction to barebow at 10 metres. Following guidance on technique if they are ready, we introduce sights and go freestyle first at 10 yards and then to 20.

Day 2 Sunday is a recap session reminding the group of the differences between freestyle and barebow followed by practice allowing the students to gain confidence without too much input. Throughout the day technique is built on using band exercises and drills. Tea, coffee and cakes are in plentiful supply from Lyn and Sylvia who always help settle the participants and make them welcome. On Sunday afternoon they are introduced to basic scoring and take part in a 252 round. This year some achieved creditable scores over 200.

I want to thank in no order Lyn, Sylvia, Cliff, Fred, and Ken. This year we were also helped on Sunday by Glen, Bill and Richard.

It is always great to have other helpers as it means students get some other perspective and it allows the lead coaches to get an overview of all the group as they progress.

It is very satisfying to see the difference in confidence and ability the students leave with on Sunday, very excited with their achievements from when they first arrived at the field.



Thank you very much to everyone who gave up their time and helped out and especially Paul and Jeremy for running the course.

A few photos of the course from over the weekend



Warming up ready for action



Clipboards at the ready



On the shooting line



Learning the art of scoring

Thanks to Lyn for the accompanying photos and thanks to our Chairperson Alex for his presentation of certificates.

If any club members would like to come and see how the course is delivered and perhaps help in some context on the next courses, please let me know.

Session Coaching is very rewarding and if anyone would like to consider the training for that award please see either me, Jeremy or Mick so we can discuss it. Most of it is done online and at a steady pace with an assessment at the end. Please look at the AGB website for details of the modules, what it entails and see how it also may benefit your own development.



LAC crew and the participants after receiving their certificates
Thank you to Paul for writing this article



WARWICK ROUNDS



On 2nd May various Warwick rounds were shot, the handicap order was:

1st RICHARD with a very good shoot - 1495

2nd ANDY R 1463

3rd ALEX G 1455

NEW CLUB RECORD

GLYNIS, Ladies' 50+ recurve Warwick 50
48 hits, 18 golds, score 352



In the Val Ward Trophy
after the first two rounds, the standings are:

1st RICHARD 2941

and = **2nd ALEX G & ANDY R** on 2901

WELL DONE EVERYONE!

SMOKIN'



Cliff setting fire to the field!

As creosote is not available any more to mark the lines at the field Cliff is burning them in, it seems to be working well at the minute.



MARTIN RECEIVES ROYAL HUMANE SOCIETY AWARD

On Thursday 14th of May, Martin and I attended the Chief Constables Award Ceremony at Athena in Leicester. At the event Martin was presented with a Resuscitation certificate from the Royal Humane Society, following the treatment of the Motorcyclist outside of the club in August last year.

The event saw 350 Police officers and guests gathered to receive awards, for acts of bravery, humanity and outstanding performance. Throughout the evening stories were heard of amazing actions by the police and members of the public. The first awards being for bravery and humanity, and moving onto awards for exceptional work that had been recommended by prosecutors and trial judges.

After the awards and dinner had concluded the Chief Constable commented to Martin that actions taken by the public are rare and special, most of the time when the emergency services arrive no one is helping.

Martin was proud to receive the award, but that day saw so many people from our club support the victims of this collision with various actions, and everyone should be proud of their part. This award reflects the actions of everyone involved.

Thank you Gaynor for sharing this special occasion for you and Martin with us



BOW STAND

Cliff has been busy again and has made a stand to house the bows used for our beginners' courses.

It looks very smart with all the bows on.

Thank you again Cliff for all your hard work doing maintenance and making and repairing things for the club, very much appreciated.



SAT 9th MAY

This Saturday was a free practice and saw some archers come along to the field for a shoot.

Bill shot really well and achieved his 252 at 20yds, with an admirable 298 scored, well done Bill, great shooting!





Lutterworth Archery Awards 2025/26

Our awards day was held on Saturday 16th May at 1pm before shooting and was well attended.



Achievement certificates awarded to those who achieved a club record during the year went to:

ALEX G
ANDREW K
CHRIS O
CLARE
GLYNIS
JAMES
JEREMY
MARCUS
MICK
PAUL
RICHARD
SONIA
SYLVIA



Trophies were awarded to:

Gents Recurve (Outdoors) - ALEX G
Gents Longbow (Outdoors) - ANDREW K
Gents Compound (Outdoors) - CLIFF
Gents Compound (Indoors) - JAMES
Gents Recurve (Indoors) - ALEX G
Ladies Recurve (Indoors) - GLYNIS
Gents Barebow (Indoors) - CHRIS O
Ladies Barebow (Indoors) - LYN
Gents Longbow (Indoors) - ANDREW K



Handicap Improvement

(Outdoors) - ALEX G
(Indoors) - LYN



Novice Award

TOM B



Members Award

CLIFF



Val Ward memorial Trophy

IAN

**Congratulations to everyone who received certificates or awards,
a fantastic achievement**



Lutterworth Archery Club trophy presentations



Alex - Gents recurve (outdoors) trophy



Andrew K - Gents longbow (indoor & outdoor) trophies



Cliff - Gents compound trophy



Glynis - Ladies receive (indoors) trophy



Chris O - Gents barebow (indoors) trophy



Lyn - Ladies barebow (indoors) trophy



Alex - Handicap improvement (outdoors) trophy



Lyn - Handicap improvement (indoors) trophy



Cliff - Members trophy



Tom B - Novice trophy



Ian - Val Ward memorial trophy

Thank you Mick for the results.



LAC QUIZ TRAIL



LAC quiz trail was held on 24th May in Lutterworth, meeting at the memorial gardens. Only 2 teams participated on a very hot day. Sharon and partner Kevin and Richard and his son Nathaniel. Both teams meandered round the town looking for clues and said they enjoyed the walk. The walk ended at the Greyhound pub where we had a drink and checked their answers, both teams got all the questions right, well done for coming along and braving the very hot weather.

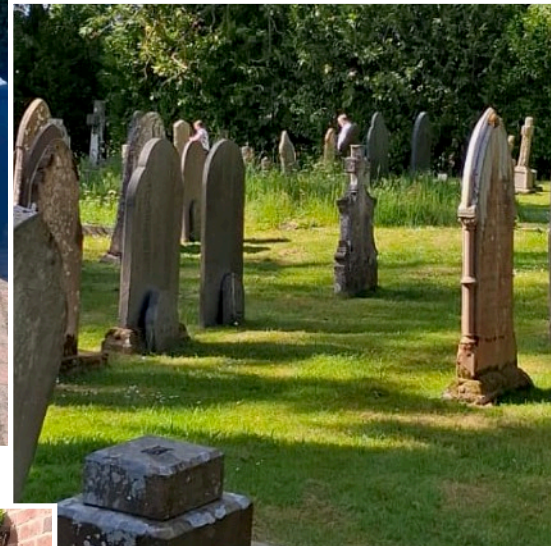
Thank you goes to Meg for setting and organising the quiz trail.



Clipboard at the ready!



Sharon & Kevin sussing things out!



Sharon & Kevin looking for clues in the churchyard



Well done Richard & Nathaniel, all completed, time for a well earned drink!



Thank you for participating in the quiz trail Sharon & Richard, enjoy your pens!

Hi as your safeguarding and welfare officer, this month I have chosen to highlight some sound advice from Archery GB concerning social media. Social media platforms used in our club are a great way to share our interest in Archery. We keep ourselves informed about events and shooting at our field. We connect with other members about social activities, and we share success stories and sometimes certainly take a 'not so serious view' of ourselves.

We now have several junior archers, and it is incumbent on us all to be careful about what we post on public pages. Remember comments can be shared or screenshot even if you later regret them and delete them. Do not say or do anything online if you wouldn't do it face-to-face.

The Archery GB Policy in respect of social media in the digital age is very specific.

I reproduce the rules from Policy in this respect in full and it is a good reminder for us all.

This policy is mandatory and should be read in conjunction with Archery GB's safeguarding policies and our Code of Conduct. The pace of change in technology means that it is not possible to identify a definitive list of all forms of social media and video conferencing platforms that this policy applies to, hence it is to be read as applying to all forms commonly understood to be social media, online messaging and video applications.

The rules

- Do not post, host or re-share, comments or images which are racist, sexist, homophobic, abusive, discriminatory, intimidating, threatening, bullying, harassing, sexualised or insulting.
- Do not create a risk to a person's safety or attempt to deceive an individual or Archery GB.
- No spamming or over-posting.
- No posts, comments or discussion attacking protected characteristics.
- No personal or inappropriate posts or comments about board, staff, volunteers, athletes, members, parents/carers, coaches, officials, clubs, counties, regions, home nations, contractors, and commissioned service providers.
- No gaming or banter – keep to archery related purposes only.
- No posts, comments or discussion that may contravene Archery GB's Code of Conduct.
- No sexting or sending of obscene images.
- Archery GB clubs/organisations must obtain written parent/carer permission before direct messaging any under 18s via their social media platforms. A parent or carer should be copied in on all private messages and included in all messaging groups between the club and the young person.
- Archery GB clubs/organisations must obtain written parent/carer permission before an image of an under 18 is used on an online platform.
- Check the minimum age for users on social media platforms.



***Thank you and enjoy your shooting,
Paul,
Safeguarding & Welfare Officer***





BOW MAKING COURSE AT NAILSWORTH



Over the weekend of 8th to 9th of May Jeremy and I attended Nailsworth community centre for our eagerly awaited bow making course.

We travelled to Nailsworth on Friday, booked into our hotel which was some distance from Nailsworth but offered a reasonable rate including breakfast and evening meal. At 7pm we met the other 6 participants from the course, all were longbow/barebow archers apart from one who had never shot a bow before. We met Gavin and his assistant Tom. Both were keen longbow archers, Gavin taught woodwork professionally mainly starting his career over 30 years ago making musical instruments now building electric guitars to order. He moved to also making bows 25 years ago and now runs bow making courses every Tuesday evening and several weekend workshops a year.



We start with just three pieces of wood to glue together and make our bow from - hickory, purple heart, and lemon wood - chosen to suit our height and desired bow strength.



We have glued our three pieces of wood together, and they go into a heated jig

We selected our three pieces of laminate, hickory, lemonwood and purple heart all imported from North and South America and each selected for its compression and tension characteristics and qualities. We worked in pairs glueing the laminates together and then tightly wrapping the sandwich with tape to form what did have the shape of a bow but felt more plank like. The bows were stacked one on top of the other, forced down onto a humpback bridge shaped form and secured at each end. An oil-fired tube radiator lying inside the tent like structure completed that night's preparation for the next stage.



An embryo bow - the three pieces of wood glued together and ready to be carved into a bow.

Saturday couldn't come soon enough, and we were back and with some excitement unwrapped our still warm bows. They had gentle curves but in the opposite direction to the one you would expect; almost recurve. After discussions about poundage, we all marked out our bows with string and pencil to very exact measurements in particular handle position in relation to limb length and centre line in both aspects. We then started to carve and shape our bows using spoke shaves, block planes and Japanese rasps. A lot of building and archery experience was given to us during

the day. We also started to produce our strings running three skeins of 5 strands of Dacron each to form a Flemish twist.

The bows continued to take shape, and we started to tiller our bows understanding how the whole limb works as one both sides of the handle.



Marking up the glued woods with the design of the bow length and weight each person wants to end up with.

We finished work at 5:30 worn out having finally added the horn knocks gluing them to dry overnight.

On Sunday it was more shaping, tillering, and checking poundage. We used a tiller contraption, which used pulleys and chords to pull the bow into half draw and beyond to see the curvature at eye level. It was interesting to see the limbs working as one or not, one limb bending more than the other, or not at all, or worse through the handle. After each visit it was back to the bench to remove wood, three shaves from here, two shaves from there or in my case two sections about 15 cm long that Gavin marked in large pencil DO NOT TOUCH THIS AREA, this was to prevent a hinge forming where the bow can form an unnecessary angle and bend almost like the very tip of a large birds wing. If the hinges are unrecoverable all your work is scrap. When Gavin was finally happy with the beautiful shape that formed the 'Tiller' you then moved on to the three stages of sanding using different gauge paper. This took most of the afternoon and interestingly the application of sandpaper on the limbs reduces the poundage again.



Work continues, bows emerge from the wood.



The partly formed bows have been carefully shaped with spokeshaves and scrapers, and are now on a tiller jig for making the perfect curves.

We completed our strings, carved string grooves in the nocks and finally tried a full draw with our new longbows. - No creaks, cracks or splinters. Phew!

After Gavin had inspected and was satisfied with the result of the bows shape and surface finish it was then onto the application of the linseed/Danish oil rub. The bows looked magnificent and we were so pleased with what we had achieved, but with over 20 hours of work behind us it was not surprising that we all had something to take home and be proud of. A thoroughly enjoyable weekend and we would recommend the course to all. There is no requirement to be good wood workers as full instruction is given in the use of tools and techniques, all working together to one end.

No doubt you will see our bows at the field, please come and have a look!



We made our own bow strings too, from B55 Dacron in Flemish 3-twist lay

Nearly there, bow string on bow, and now for final adjustments and then oiling.



Proud Jeremy with his finished bow - and it shoots beautifully!

Thank you Paul for sharing yours and Jeremy's experience and Jeremy for the photos and descriptions



SONIA TAKES 1st PLACE

On the 10th May I attended my first competition of the current outdoor season a WA900 UKRS at Greasley Castle Archers.

Metric round, 90 arrows at 60m, 50m and 40m, 2.5 dozen arrows each distance.

Despite shooting badly due to bow settings still not the best and not tuned properly and a swirling cold wind that affected everyone on the shooting line, I managed to get 1st place, scoring 647.

Thank you Sonia for sharing your experience with us and congratulations on your win



Sonia's trophy

A summer solstice shoot will take place this year on **Saturday 20th June** at the end of normal club shooting. (Solstice is actually Sun 22nd). It will be a fun type shoot (to be decided). There will be a BBQ after, and all members and close family are invited. As usual bring your own food and some sundries to share on a buffet table.



SUMMER SOLSTICE

That Saturday is the first day of the next beginners course and they will be invited if they wish to stay.

An email reminder will be sent out.
Paul

STEVE & CATHY'S 2,650 MILE CHALLENGE

One of our members Steve and his partner Cathy have undertaken an enormous personal challenge to walk the Pacific Crest Trail (PCT) in North America. The distance is 2650 miles starting from the southern border with Mexico to the Canadian border in the US State of Washington.

They started the walk on 17th April and have set a date of the end of September to finish. On average it is a 5-month trek.

The preparation has included training walks and camps, kit selection, putting work on hold and renting their house. They intend to walk unsupported and camp out. A few rest days are planned, and some comfortable accommodation will be sought. Food re-supply will also be a challenge in some areas.

An estimated 3000 to 4000 people start the walk annually and only 700 finish on average due to fatigue, injury or the weather.

As you know I have walked some linear walks but never to this extent. I met Steve for coffee just before he left and asked him some questions.



Why the PCT?

The PCT is supposed to be the most scenic and varied terrain of the 'triple crown' (the three thru-hikes in the US). We looked at the Appalachian trail (Bill Bryson movie and book) but that one is very wooded and the trail doesn't have the variety.

What will the weather and conditions be like?

They have just had a heat wave in the start area, and it was 100 degrees. So, I am hoping it will be a bit cooler, they have had snow in the Sierra Nevada's, rain and mosquitos in Oregon, snow again in Washington so it will be very varied.

When did you start to prepare for this trip?

2 years ago putting plans in place, preparing to give up work, selling the house, moving to Rugby so we could rent it more easily. Planning the logistics of it all has been a challenge, arranging visa and permits to walk.

What are you most looking forward to?

The nature, the variety of landscapes, the wildlife, mountain lions, snakes and bears.

Will you miss Archery?

Yes, I will, I'm missing it already.

I hope to provide some updates for you either on the WhatsApp group or in the Newsletter

Paul,
Club Welfare Officer

Thank you Paul for updating us on their progress, more photos and updates next time.



27/4 Steve & Cathy have just passed the 100 mile mark





LUTTERWORTH ARCHERY CLUB

2026 OUTDOOR DIARY & COMPETITION DATES

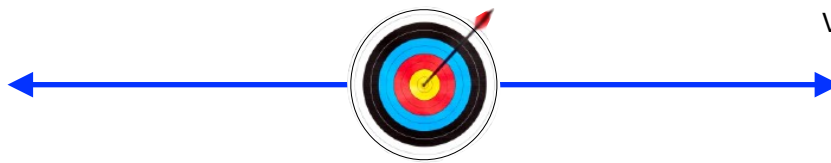


NB: Schedule may change at short notice due to unforeseen circumstances so please check your emails and the club website

Saturday 6th June 2026		Free Practice	2pm
Saturday 13th June 2026	American	2.5 doz at longest distance then 2.5 doz at Middle distance then 2.5 doz at shortest distance	1pm
Saturday 20th June 2026		Free Practice	2pm
Saturday 20th June 2026		Beginners Course	All Day
Sunday 21st June 2026		Beginners Course	All Day
Saturday 27th June 2026		Free Practice	2pm
Saturday 4th July 2026	Western **	4 doz at longest distance then 4 doz at shortest distance	6 arrows at 1pm
Saturday 11th July 2026		Free Practice	2pm
Saturday 18th July 2026	WA1440 / WA720 / York / Hereford / National **	Various	6 arrows at 10am (for York/Hereford)
Saturday 25th July 2026		Free Practice	2pm
Saturday 1st August 2026	Metric / 1440**	3 doz at each distance Total 12 Doz	6 arrows at 10am
Saturday 8th August 2026		Free Practice	2pm
Saturday 8th Aug 2026		Beginners Course	All Day
Sunday 9th August 2026		Beginners Course	All Day
Saturday 15th August 2026	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 22nd August 2026		Free Practice	2pm
Saturday 29th August 2026	Long Metric **	3 doz at each distance Total 6 Doz	6 arrows at 2pm
Saturday 5th September 2026		Free Practice	2pm

Saturday 27th June 2026	Free Practice		2pm
Saturday 12th September 2026	National **	2 doz at longest distance then 4 doz at shortest distance	6 arrows at 2pm
Saturday 19th September 2026	Free Practice		2pm
Saturday 26th September 2026	Fun Shoot (TBC)		2pm
Saturday 3rd October 2026	Warwick **	2 doz at longest distance then 2 doz at shortest distance	6 arrows at 2pm
Saturday 10th October 2026	Kit move indoors - Indoor shooting begins		<u>1pm</u>
Saturday 10th October 2026	Indoor Shooting at Lutterworth Sports Centre		1.30pm

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



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