



Newsletter

Issue 94 • August 2026

newsletter.lac20@gmail.com



Message from your editor...

Hello fellow archers,

I hope you have been making the most of the hot weather we've had and have managed to keep cool.

Please be aware of using sun protection and don't underestimate how strong the sun can be whilst shooting or sitting out at the field, please stay safe.

Another beginners' course was held in June on a couple of very hot days which was well attended and another one is planned in August.

We also held a 'have-a-go' session for the Round Table, sadly it rained on the night but they said they thoroughly enjoyed themselves

We've had quite a few new members join, some from the recent beginners' courses including some junior archers which is lovely to see.

Cliff has been busy at the field again, fixing things, making new bosses, marking out lines and grass cutting, keeping everything in good order and smart for everyone to use and appreciate, **thank you Cliff for all your hard work, very much appreciated.**

Marcus has made and fitted a new fence and gate at the entrance to the field, it's been moved inwards to allow cars to pull in off the main driveway to open and close the gate, which avoids blocking the drive to the farm, **thank you Marcus, a brilliant job and a great improvement to the field.**

Happy shooting, see you at the field,

Lyn

newsletter.lac20@gmail.com



1) Badges & Stickers

2) Club records and new members

3) & 4) Club notices & Sun protection

5) American/St Nicholas round

6) & 7) June beginners' course

8) Medieval Archery competition in Italy

9) Have-a-go session

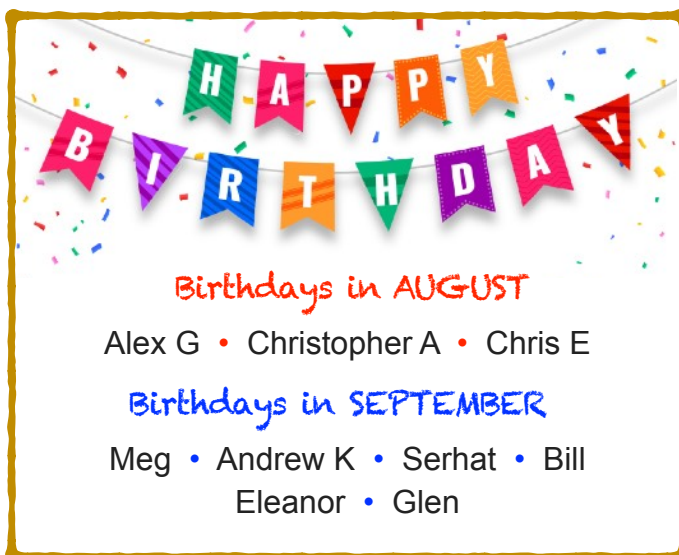
10) Western round & dates for your diary

11) York/Nationals

12) Bow workshop & freak accident

13) Clare's field archery shoots

14) Outdoor diary & competition dates



Birthdays in AUGUST

Alex G • Christopher A • Chris E

Birthdays in SEPTEMBER

Meg • Andrew K • Serhat • Bill
Eleanor • Glen



Lutterworth Archery Club

sew on badges and stickers



At the request of members these are now available to purchase, please speak to or contact Mick or John (our club secretary)



Sew on badge (7cm)
£2.00



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



stick on
badge
(10cm)
50p



SHORT METRIC



On 30th May seven archers took part in a short metric round. The handicap order was:

1st ANDREW K 1444

2nd = GLYNIS and ANDREW R 1437

and a close 4th MARCUS 1435

one handkerchief would cover them



NEW CLUB RECORDS ACHIEVED

ALEX

Men's recurve Short Metric
72 hits, 1 X, score 543

GLYNIS

Ladies' 50+ Short Metric
71 hits, 0 Xs, score 503

ANDREW K

Men's Longbow Short Metric
47 hits, 0 Xs, score 221



**In the Val Ward Trophy after four rounds
the order is:**

1st Richard 5769

2nd Glynis 5674

3rd Alex G 5666

(each from four rounds)

*Andrew noted that it's interesting that four archers
have an average score per round between 1433
and 1446, and three of these have shot only three
rounds.*

No laurels to rest on at the top!

WELL DONE EVERYONE

Ha Ha!!

What state do the greatest archery
champions live in?
Arrow-zona

Did you hear about the time Orion lost an
archery match?
He was given a constellation prize

I'm quite bad at archery!
But I aim to improve

NEW CLUB RECORD

At practice on 17th May Cliff achieved a new
Club Record:

CLIFF

Men's 50+ compound Warwick,
48 hits, 0 Xs, score 410

WELL DONE CLIFF



NEW CLUB MEMBERS



**Please give a warm LAC welcome
and say hello to:**

SHANE (Senior Associate)

LUKE (Senior)

...

YVONNE (Senior)

CHRIS (Senior)

*Both are related to Katrina and Marcus
(Katrina being Chris' sister)*

...

SALLY (Senior)

Ben's Mum

NATHANIEL (Junior)

Richard's Son

NICK (Senior)

EMILY (Senior)

*All four above joining us from the most recent
beginners' course.*

ANOTHER MEDAL FOR SONIA

On the 14th of June Sonia shot a Hereford in a
match against Lincolnshire.

Due to a missing team member on the other
side (ladies recurve) Sonia's scores weren't
added to the total score. It was LRCAA who
won the match.

On a personal note
Sonia said 'I've had a
great time, raised my
2026 PB for this very
difficult round and
came home with a 3rd
place medal'.
She said 'its a very
good day to be an
archer'.





CLUB NOTICES



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



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



Raise **FREE** donations for



Lutterworth Archery Club



every time you shop online

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



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

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.



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



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.

'In archery, as in life, the successful shot requires both precision and patience.'



AMERICAN/ST NICHOLAS ROUND

Sat 13th June



On a rather breezy Saturday afternoon the handicap order was:

1st CLARE 1467

2nd ANDREW K 1457

3rd RICHARD 1410

Clare and Andrew both improved their handicaps in the difficult conditions.



CLUB RECORDS



Several Club records were also established

DAVID

Men's recurve St Nicholas, 84 hits, 22 golds, score 594

JEREMY

Men's 50+ longbow St Nicholas, 69 hits, 4 golds, score 341

CHRIS O

Mens' barebow American, 87 hits, 20 golds, score 505

CLARE

Ladies' longbow American, 54 hits, 4 golds, score 243

GLYNIS

Ladies' 50+ recurve American, 87 hits, 25 golds, score 595

In the Val Ward Trophy the present leaders are

1st RICHARD 7179

2nd GLYNIS 7049

both from the maximum 5 shoots

3rd ANDREW K 5769 *from 4 shoots.*

WELL DONE TO EVERYONE!



HOW TO

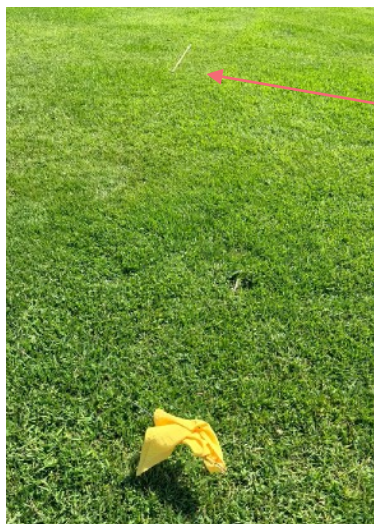
'NOT FLY THE FLAG!'

On a lighter note on Saturday 13th June, Clare shot the flag off the boss at 50 yds with her longbow.

You can see her arrow at the top centre of the photo.

'I bet you couldn't do that again if you tried Clare!'

Thank you for the photo Clare.



Did you know?

During the Middle Ages, the skill of archery was encouraged greatly, both for warfare and sport.

The yew longbow and its well-practised archers made England a strong adversary during this time, until the use of gunpowder from the 15th century eventually rendered the bow obsolete on the battlefield.



JUNE BEGINNERS' COURSE

LAC held another beginners' course over the weekend of 20th & 21st June, 10 participants attended the course on a very sunny and hot 2 days.

They all did really well and said they enjoyed learning how to shoot. We also had some juniors on this course, it's really refreshing to see younger people showing an interest in archery.

Paul and Jeremy ran the course with some club members on hand to help out with various tasks where needed.



The all important warm-up exercises to avoid any injuries



How to put your bow together



Now where did that part go?



Great job Nathaniel



Lined up on the firing line



Above: Learning the tricky art of scoring

Below: LAC crew and the participants



Thank you to Paul and Jeremy for their hard work and to everyone who helped over the 2 days, your help is very much appreciated and portrays the friendly and welcoming club that we're all proud of.



Trio con l'arco a San Gimignano



Gara di tiro con l'arco con gli Arcieri delle Quattro Contrade e gli Arcieri Certaldesi tenuti nel parco la rocca, San Gimignano

For those who don't speak Italian, I was lucky recently to witness a medieval archery competition held in Parco La Rocca in San Gimignano, Italy. This was part of the 3 day long medieval festival with various events and competitions mainly between the four districts of the hilltop medieval town and their neighbours.

The archery was a knockout competition, shooting at 3 targets placed in a triangle at about 18m. Each target boss had an animal target face with a red spot. The various districts shot against each other in knockout rounds until the individual winner was identified. Most archers were using a longbow of some description and many of these made by one of the archers (the eventual winner).



I was lucky enough to engage the winner in conversation (his best English and my not so good Italian!) and found he makes the bows and shapes them with this spokeshave, some from a single bamboo stave and others from 2 or 3 woods laminated together. He'd got his workshop set up on site and was proud to show me his handiwork. I was invited to try a couple of bows, they were very smooth!

Am I converted?

Maybe!!

Ciao,

Mick

*Thank you Mick for the photos
and sharing your experience
with us, very interesting.*





Have-a-go session



LAC held a have-a-go session for some of the Lutterworth round table members on Monday evening 22nd June.

Sadly it started raining as the guys arrived and continued until they left, saying that, despite the weather they all said they enjoyed the evening and had a really good time, they all did really well.

The evening finished with a small competition and being all guys they were quite competitive and enjoyed the challenge.

There was tea, coffee, and a selection of cakes and biscuits on hand, that went down very well and served as a slight respite from the rain.

Thank you to Paul and Jeremy who organised and ran the session along with help from some of our members.



Thank you to everyone who gave up their time and helped out with the session and with the setting up and packing away afterwards, which all takes a lot of time and effort.



Members of Lutterworth Round Table looking a bit wet but very happy after their have-a-go session

WESTERN COMPETITION

On Saturday 4 July a Western competition was shot, on a handicap basis the best were:

1st BILL 1464

2nd Tom B 1446

3rd CLARE 1442



New Club Records achieved

GLYNIS

Ladies' 50+ recurve Western, 92 hits, 33 golds, score 660

CLARE

Ladies' longbow Western, 51 hits, 5 golds, score 200



In the Val Ward Trophy the present leaderboard is:

1st RICHARD 7179 still well ahead

but then very close are:

2nd CLARE 7117

3rd ANDREW K 7113

4th GLYNIS 7110

WELL DONE EVERYONE!



ENJOYING THE SUNSHINE ON A MID WEEK LUNCHTIME



Taking time out between shooting to have a cuppa, a chat and enjoy the sunshine

STUCK AGAIN!



Oh dear! one mower lost its way again.

DATES FOR YOUR DIARY

Saturday 1st August:

Summer **Windsor**. Hosted by Belvoir Archers, Barnstone, Notts. Details on the EMAS website

Sunday 2nd August:

321 shoot (**National 50 / 40 / 30 Rounds**) for 1st; 2nd & 3rd class archers (No Bowmen Class)
Hosted by Sherwood Archers, Southwell Notts. Details on the EMAS website

Sunday 16th August:

L&RCAA **Outdoor County Champs (York, Hereford & Bristol rounds)** Hosted by Bowmen of Glen. Details on the County website

Sunday 13th September:

WA900 Hosted by Bowmen of Glen. Details on the County Website

Sunday 27th September:

Open American. **American round**. Hosted by Sherwood Archers, Southwell, Notts. Details on the EMAS website



YORK/NATIONALS



On a hot sunny Saturday on 18 July a York/National was shot with results as follows

The front runners on handicap for this shoot were:

1st TOM B 1542

2nd CLARE 1478

3rd BILL 1439



New Club Records achieved



SONIA

Women's recurve National, 72 hits, 27 golds, score 542

CLARE

Women's longbow Hereford, 61 hits, 4 golds, score 245

GLYNIS

Women's 50+ recurve Bristol 2, 136 hits, 50 golds, score 962

CHRIS O

Men's barebow Hereford, 124 hits, 18 golds, score 598

In the Val Ward Trophy the leader is now

CLARE 7195

RICHARD 7179

then ANDREW K 7113

with both

GLYNIS and ALEX snapping on his heels 7111



Archers enjoying the sunshine between ends



CONGRATULATIONS EVERYONE, WELL DONE



BOW WORKSHOP

On Saturday 25th July Mick held a bow workshop at the field, looking at basic bow maintenance and setups.

Some new members from the recent beginners' course attended which they found very helpful and informative.



Thank you Mick for running the workshop and passing on your knowledge and experience.



NEW CLUB RECORD

On 14 June at the Lincolnshire County Championships a new club record was achieved:

SONIA

Ladies' recurve Hereford, 141 hits, 41 golds, score 967
early a hundred points higher than the previous record.

WELL DONE SONIA



FREAK ACCIDENT

Later on Saturday 25th there was a freak gust of wind at the field that blew 2 bosses over, tipped chairs over and sent hats and glasses flying, it was all over quite quickly.

Fortunately no one was near any of the bosses, sadly though Martin's arrows didn't fair so well, all 6 were in the gold when the boss fell and all 6 were completely broken.



The straw boss that Andrew was shooting on also tipped over but landed face side up so didn't break any arrows.

Ian couldn't find his glasses, they had blown away and ended up wrapped around the legs of a chair, thankfully they were not damaged.



Martin and his arrows, both looking very sad

CLARE'S FIELD ARCHERY SHOOTS

May 30th-31st - English Field Archery Association Spring Championships at Black Eagle Bowmen

Saturday was a Hunter round. It was the first time shooting this, and the defining feature is that you move for each arrow, either left and right or closer.

Sunday was a Marked Forester, which is target animals. The interesting point here is that scoring zones out from the bullseye are not equally symmetrical, so knowing the target faces the round uses ahead of time would have been helpful, as my eyesight isn't good enough to pick these out at 50 meters!

I took home gold for Ladies Longbow. I shot both days with a lovely group of ladies, from all over the UK.



WA Marked Record Status at Merlin Archers

7th June was a WA Marked Record Status at Merlin Archers. I shot this round better than I did last year and again took gold. My score has been accepted for the EMAS and County records.



Thank you Clare for sharing your Field Archery experiences and photos with us, many congratulations on your 'gold' wins and very well done.



Records Officer's Report Outdoor 2026 Interim 1



There has been a very good level of attendance at Saturday shooting, with the overflow car park, made available by courtesy of Marcus and his lady friends (four-legged!), has seen regular use. The clubhouse and field are also well used during the week.

22 archers have shot 105 rounds, 54 in the 5 Club competitions.

These figures are roughly 50% up on this time last year.

Also, 40 Frostbite rounds were shot in the early months of the year.

20 members have achieved handicaps.

We have:

2 Archers Grade 3

5 Archers Grade 2

10 Archers Grade 1

3 Bowmen Grade 3

and 1 Bowman Grade 1

(21 in all)

12 new Club Records have been achieved.

In the 252 scheme:

10 archers have achieved longer distance levels.

In the Val Ward Trophy competition 12 members have shot 31 qualifying rounds.
The present position is that:

Richard is leader with 7179 points

then Glynis with 7049

both from 5 shoots

then Andy K 5769

As with last year, if several archers with fewer than five shoots make up to five with their current averages, the leader list would change significantly. The reward of persistent merit is one of the advantages of this competition.

In summary, we may be happy with the level of participation in shooting so far this season.

Andrew K (Records)

23 June 2026





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 1st August 2026	Metric / 1440**	3 doz at each distance Total 12 Doz	6 arrows at <u>10am</u>
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 <u>12md</u>
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 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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