



THE **▲**ARROW**▲**HEAD

THE NEWSLETTER OF LASSWADE ARCHERY CLUB



ISSUE NO 31 – JULY 1998

Dear Members

It is hard to believe that we are now half way through the year and the current outdoor season.

Anyway, enough of the sentimental claptrap and down to the business in hand.

CLUB NEWS

EASTERN AREA DOUBLE FITA STAR – 25 AND 26 JULY 1998.

For the second year running Andy has volunteered to run this shoot. As there is a lot of work involved, I am sure he will be most grateful if some of the non-shooting members could come along on both days of the shoot to help out. A raffle will also be held so any donations will be most welcome.

OUTDOOR CLUB CHAMPIONSHIPS – 23 AUGUST 1998.

At last month's club committee meeting, it was decided that the round to be shot this year will be a York/Hereford plus the appropriate junior Bristol rounds, if they are required. Further details will be announced nearer the time.

In addition it was also decided that, due to the ridiculous price of medal boxes, we will now use medal drapes instead for all future Lasswade shoots.

Unlike the boxes, which were only issued to 1st place winners, drapes will now be awarded to all 1st, 2nd and 3rd place archers in a tournament.

A NEW TOURNAMENT

Since you received a copy of the outdoor fixture list a new shoot has been added.

The details are as follows:-

LINKS ARCHERS will be holding a ladies and gents Fita, plus all the junior metric rounds on Sunday 13 September 1998 at Brechin. Further information can be obtained from me.

GOREBRIDGE GALA DAY – JUNE 20 1998.

Once again we were asked to provide a 'come and try' session at Gorebridge. After being drenched by the rain last year, we were baked by the sun this year. In addition to myself, I was joined by Watty, Brian, Bill C and Ian H. George K (by kind permission of the RSC, GNAS and Mrs K!) assisted us for part of the day but had to leave early due to parental duties.

We arrived in good time and had everything set up for the start time of 1 pm. After a slow start we soon had a lot of people queuing up to part with 50p each for 6 arrows.

Everything progressed well, although, as always, some of our pupils were quite good while a few others were completely useless and a few actually expressed a genuine interest in perhaps taking up the sport itself.

After donating £10.00 of the takings to the Gala Day organisers, we ended up with a final total of £67.00 for the club.

On a more serious note, it would have been very much appreciated if a few more of you could have assisted us as we were really stretched for several hours.

I am aware that some of you may have had other commitments but, out of a membership of around 40, I find it incredible that only 5 of us took the time and the trouble. I am sure that some of us could have been doing other things.

OUR TREASURER SPEAKS

This is my first article for the club newsletter and depending on your reaction, it could well be my last. It's mainly directed at our new members but hopefully will prove helpful to intermediate members too.

The outdoor season is well under way now and as with every outdoor season we have noticed a large decline in our regular attendance. There is no reason to reproach yourselves and by no means should anyone feel embarrassed, this is a perfectly automatic reaction to the transition between a lovely warm hall and the nasty, bitterly cold weather we sometimes have to endure.

In my opinion, with the exception of football, archery is the best sport in the world, and it would be even better if I lived in a country with a wonderfully warm climate where I could shoot outdoor all year round, because, make no mistake, outdoor archery can be far more enjoyable and interesting than the mundane 20 yards we must submit ourselves to for the six or seven Winter months. Whatever you do, do not lose sight of the fact that Archery is an outdoor activity, it's only very recently in the history of the sport that facilities have been available for Archers to shoot indoors. Another point worth mentioning is, at the Battle of Agincourt the Archers didn't cry "For England, Harry and St George, but not if it's windy, raining or cold", did they?

Unfortunately we can't do anything about the weather, however frustrating it can be. What we can do is ensure we prepare ourselves for all conditions. When you next come to the club or attend a competition, take a holdall with you and in it carry all the things you will need whatever the forecast. You will probably be wearing a T-shirt with a jumper on top and if it is still cold you will be wearing a jacket.

In your bag you should have the following items:-

- 1) **ANOTHER JUMPER** – Jumpers should be of reasonably thin material and snug fitting as not to interfere with your shot. Remember, you will not be able to shoot with a bulky jacket on, so if it's cold, you can wear two jumpers, replacing your jacket after you have shot. Wearing many thin layers is more efficient than one thick one, as warm air is trapped between layers.
- 2) **GLOVES** – Even during reasonably mild days, the cold will affect your extremities. You can't shoot with gloves on but you can wear them between ends. Keeping your hands warm will also help keep your loose relaxed and your fingers won't hurt.
- 3) **HAT** – I can't remember the proportion, but as 60% of all statistics are made up on the spot. You lose something like 60% of all your body heat through your head. For those of us who are follicley challenged, it's probably a bit more. As well as a woolly hat, you may wish to carry a baseball cap with you, this is very practical in direct sunshine and looks cool, particularly when worn back to front.
- 4) **SUNTAN LOTION** – Absolutely essential. If you are shooting all day in gorgeous conditions, you will fry without it. Remember the nose, ears, neck and the backs of your hands. There is really no point in going to work or school the next day looking like the Ribena man, if you can avoid it.
- 5) **WATERPROOFS** –If you don't have any, you needn't spend a fortune acquiring them. I have a perfectly good pair of waterproof trousers that cost £10.00. The waterproof jacket need only be a cagoule type top. If the sleeve of your top impedes the string, a tube grip bandage on your bow arm will prove to be very helpful.

I hope these few words have provided you with at least a little practical advice and encouragement. If you follow the advice given, there is absolutely no reason why you shouldn't continue to enjoy Archery all year round, regardless of the weather conditions.

Graeme Mitchell

OTHER NEWS

I would like to inform any members who may be interested that I hold the Club's copy of the 1998/99 Quicks Archery Catalogue. If any of you wish to see it, then please ask me.

When we go back indoors it will be put in the drawer of the small cabinet where we keep our target faces and arrows.

If you wish to have your own copy, I can arrange for you to be put on their mailing list. You would then receive a new edition each year free of charge.

TOURNAMENT REPORTS**WEST OF SCOTLAND DOUBLE FITA STAR (2880), LINWOOD – MAY 30 AND 31 1998.**

Tina and Elaine entered this shoot with Bill M in attendance as one of the judges.

The Saturday was cold and windy and Sunday was just the same but with constant heavy rain.

Both Tina and Elaine retired on the Sunday due to the weather, as did quite a few others.

Tina's two day score was 1262 Saturday plus the first Sunday distance at 70m.

Elaine finished further ahead on 1468 and only shot a few more arrows at 60m.

So all in all it was not a day to remember.

P.S. My only consolation was that our Albion was to be held on the same day, the last Sunday in May is its traditional date. However, it was moved forward one week and the weather was much kinder to us. To put it another way, that's 2 fingers to the Western Area for bulldozing us from our originally planned date.

PENICUIK FITA (BRS AND THISTLE STATUS)(1440) PENICUIK - 27 JUNE 1998.

Tina, Elaine and Muriel made the trip to Penicuik although being resident in Penicuik it was more of a trot than a trip for Elaine.

Sunny with intermittent heavy showers was the order of the day, however, the ladies did well nevertheless.

LADIES: 2nd Elaine (1141)
 3rd Tina (1113)
 5th Muriel (1081)
 Plus the 30m distance award (307)

PENICUIK MASTERS COMPETITION (SAME VENUE AS THE FITA) – 28 JUNE 1998.

Bill C, Meg and Elaine shot in this year's Masters shooting at various targets set a 60, 50 and 40 metres. Weatherwise it was similar to the previous day.

As this is not a FITA/GNAS round, whites and greens were not the order of the day.

Final results were as follows:-

LADIES: 1st Elaine (808)
 10th Meg (545)

GENTS: 14th Bill C (613)
 Plus Target 7 Spot Prize.

DATES FOR YOUR DIARY

1998

JULY

Saturday 25th Eastern Area Double Fita

and

Sunday 26th Star (WRS), Lasswade
 No Club session on the 26th.

AUGUST

Sunday 23rd Outdoor Club Championships
 YORK / HEREFORD / BRISTOLS

This edition is now concluded.

Contributor for this issue:- Graeme Mitchell

Any items for the next issue should be submitted to me by Wednesday 5th August 1998.

DONALD