

# THE ARROWHEAD

THE NEWSLETTER  
OF LASSWADE ARCHERY CLUB



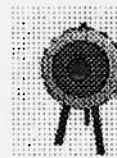
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## ISSUE NO 40 – APRIL 1999

Dear Members

By the time you receive this newsletter we will be going “full-time” outdoors.

Can I remind you that because we have to put the range up ourselves we need as many of you as possible to help out. The quicker this is done the more time we will have to shoot. So don't come late and moan if the targets are not set out at any distances you may want to shoot at!!



### CLUB NEWS

#### SAA ANNUAL REPORT 1998

I have received and circulated copies of the latest report. It also has an up-to-date fixture list for 1999 although I will let you know of any further shoots which may be added at later dates. If you do not have a copy then see me by Wednesday, 28 April or before my supply runs out (six copies left).

As is normal at this time of the year, and because few members shoot outdoor tournaments I will only be listing fixtures and events taking place at Lasswade for the next several issues of the Newsletter.

#### EASTERN AREA OUTDOOR CHAMPIONSHIPS – SUNDAY, 9 MAY 1999

Bob McGonigle (Muriel's keeper) has asked me if any Lasswade member could help out as a field party for the above shoot which will be held in Bathgate this year. I do not expect a stampede from our members and I assume that as this is an Eastern Area shoot that there may be a few other area clubs who may provide some help.

I won't hold my breath however!

## **LASSWADE ALBION – SUNDAY, 23 MAY 1999**

As organiser for the above shoot I would be most grateful if any club members who may or may not be shooting on the day itself could help me to get the range set up etc. We will also be holding a raffle so any donations from yourselves will be most welcome.

### **INDOOR CLASSIFICATION LIST**

Andy has issued a current list which also includes a handicap for each archer were this is appropriate. If you disagree with any of your own details then please see Andy. If you shoot any scores outwith the club then give them to Andy so he can keep up-to-date details for each member. I have circulated a list to each member.

### **GNAS MEMBERSHIP CARDS**

By now most of you will have received your up-dated details for your membership cards. A reminder to our newer members that you must be able to produce your card if a tournament organiser asks to see it. If you don't then you will not be allowed to shoot at that event.

If you loose your card then please let us know as soon as possible. Please be aware that GNAS have decided that if a card is lost it will cost you £3 to receive a replacement. This will be at your own expense.

### **CLUB COMMITTEE MEETING**

All committee members are reminded that their presence would be very much appreciated on Thursday, 13 May at 7.30pm



### **IMPROVERS TROPHIES**

Andy has notified me that the Improvers Trophies for this year have been awarded to the following two Archers:

Ladies - Elise Freedman  
Gents - James McCusker



Well done to you both

## OUTDOOR CLUB SESSIONS

With the 1999 outdoor season now upon us I thought it would be timely to include an item that Graeme wrote for us back in Newsletter 31

This article is mainly directed at our new members but hopefully will prove helpful to intermediate members as well.

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(s) you should have the following items:

- 1 **ANOTHER JUMPER** – Jumpers should be of reasonably thin material and snug fitting so in won't 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 you loose and 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 use 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. 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.

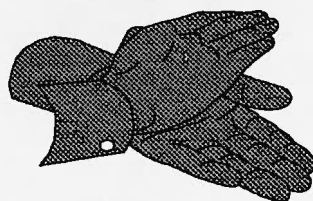
Graeme Mitchell.

### **NEW SCOTTISH RECORDS FOR 1998**

1998 proved to be a good year for several of our members with no fewer than eight new Scottish records set as follows:

<b>TOURNAMENT</b>	<b>ROUND</b>	<b>ARCHER/SCORE</b>
SAA Indoor Championships	FITA18	Ross (544)
SAA Indoor U21, Junior & Novice Championships	Portsmouth	Ross (555)
Lasswade Outdoor Open	Albion	Athol (757)
ASKA 500	Western	Elayne (764)
SAA D/Fita Star/Lasswade Open	Metric 1 Metric D1	Billy (1283) Billy (2520)
Lasswade Indoor Open	Portsmouth	Elise (488) Barry (487)

Well done to the above



**TOURNAMENT REPORTS/**

**TOURNAMENT REPORTS****INDOOR POSTAL LEAGUES 1998/99 UPDATE**

The indoor postal league results are not expected for a while yet but it is safe to say that we only have a passing interest in them as you will see

**BRITISH ARCH (RECURVE)****'A' TEAM – DIV 5 – DIV SCORE 2785**

Nov. Deben 'B'	-	2793	US	-	2691	-	LOST
Dec. Bowflights	-	2769	US	-	2614	-	LOST
Jan. Aquarius 'A'	-	2809	US	-	2763	-	LOST
Feb. Reading	-	2847	US	-	2744	-	LOST
Mar. RR Sherwood	-	2714	US	-	2800	-	WIN
<b>Combined Aggregate</b>		<b>13932</b>	<b>US</b>	<b>-</b>	<b>13612</b>		

**'B' TEAM – DIV 23 – DIV SCORE 2648**

Nov. Old Basing 'A'	-	2736	US	-	1766	-	LOST
Dec. Scorton	-	2612	US	-	1888	-	LOST
Jan. West Wight	-	2718	US	-	2412	-	LOST
Feb. Archers of Raunds	-	2588	US	-	2362	-	LOST
Mar. Arundown	-	2564	US	-	2529	-	LOST
		<b>13218</b>			<b>10957</b>		

This was our first time recently for fielding a 'B' team and hopefully we will be moved down the Divisions to encounter opposition closer to our own level of skills. Stay tuned for 1999/2000.

**BRITISH ARCHER (COMPOUND)****'A' TEAM – DIV 9 – DIV SCORE 1117**

Nov. Horsham 'B'	-	1110	US	-	1112	-	WIN
Dec. Lantarnam 'B'	-	1129	US	-	1113	-	LOST
Jan. Droitwich 'A'	-	1116	US	-	1108	-	LOST
Feb. Isle of Man	-	1114	US	-	1122	-	WIN
Mar. Bowflights 'B'	-	1111	US	-	1118	-	WIN
		<b>5580</b>			<b>5573</b>		

A fine performance by the 'A' team who have an outside chance of occupying the runners-up spot.

**'B' TEAM – DIV 23 – DIV SCORE 1078**

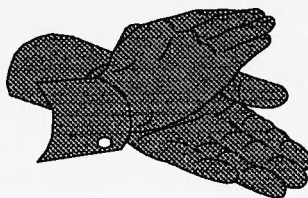
Nov. Inverness Fld 'B' -	1087	US	-	1054	-	LOST
Dec. Bognor Regis 'B' -	1078	US	-	1085	-	WIN
Jan. Blumpton B/Men -	1113	US	-	1082	-	LOST
Feb. The AV Club -	1121	US	-	1075	-	LOST
Mar. Wakefield 'B' -	1090	US	-	1109	-	WIN
	<b>5489</b>			<b>5405</b>		

**'C' TEAM – DIV 31 – DIV SCORE 978**

Nov. Clophill 'B' -	996	US	-	928	-	LOST
Dec. Jolly Archers -	1112	US	-	1000	-	LOST
Jan. Mayflower 'B' -	1058	US	-	511	-	LOST
Feb. Stratford -	1056	US	-	495	-	LOST
Mar. Stone & District -	1024	US	-	1029	-	WIN
	<b>5246</b>			<b>3963</b>		

In the SAA Winter League congratulations go to our Recurve 'A' Team who finished top of Division 3. The medal winners are Graeme (who shot highest gents score for the whole season), Tina, Watty, Meg and Derek.

A medal also goes to Ross who shot the highest boys score for the whole season in the Compound Division. All the above have been presented or will be presented with their medals. Finally well done to Meg, Watty, Diane, Ross, Billy, Andy, Elise and myself for perfect attendance throughout November to March for the postal leagues.



Bill Carmichael

**DATES FOR YOUR DIARY/**

**DATES FOR YOUR DIARY****1999****MAY****TOURNAMENT/ROUND (OR EVENT)**Wednesday, 5<sup>th</sup>

First Wednesday Outdoor Club Session

Thursday, 13<sup>th</sup>

Club Committee Meeting at 7.30pm

Sunday, 23<sup>rd</sup>Outdoor Open Shoot (BRS/Albion and Windsors,  
Lasswade)*Thus ends the 40<sup>th</sup> Lesson!*

Contributors for this issue – Bill Carmichael and Graeme Mitchell – many thanks.

Any items for the next issue should be submitted to me by Wednesday, 19 May 1999.

Donald