



nTarget

@ Lough Cuan

MAY

Club Newsletter for Lough Cuan Bowmen

Issue **11** 2016

Ron Bell Memorial Shoot

The Pirate Masters

So What's the Distance!

NIAS Field Championships



n Target

Welcome to On Target, the newsletter for Lough Cuan Bowmen.

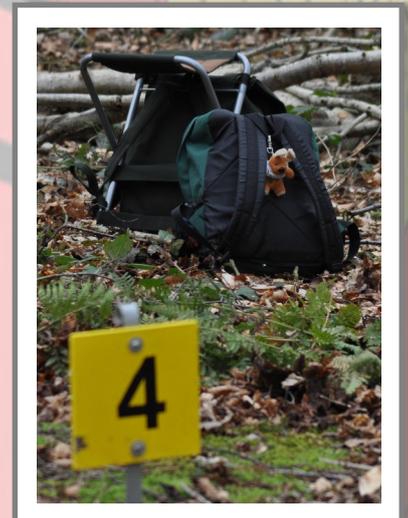
This has been a particularly busy couple of months for the club with 2 major shoots being hosted back to back in April, the Ron Bell memorial and the NIAS Field Championships. This was along side other field and target shoots, have-a-go events and beginners classes.

The club continues to grow and it has been great to

welcome so many new members and as always club members will make them feel at home. We are now outside Ards rugby club on a Thursday evening at 7.00pm. .

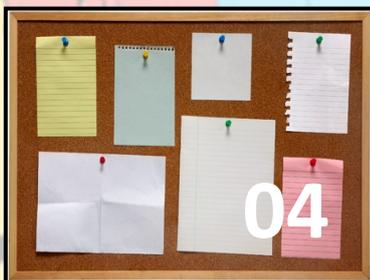
Hopefully the newsletter will keep you up to date with the activities and events at Lough Cuan. We try and include a variety of information on competitions, results, events and activities at Lough Cuan. To help you develop as an archer the newsletter will also provide information on archery for beginners and experienced archers alike.

On Target is a members' newsletter and we hope that you will contribute to future issues and if there is something you would like to see in the newsletter, please let the committee know.



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NEWS round



European Youth Cup

There is always plenty of activity going on at LCB and it is always great to hear about your achievements and archery related activities. So remember to pass them onto Bill or Michael for the magazine.

It has been an exciting couple of weeks for one of our club members Matthew Hall, who was selected to represent Great Britain and NI at the European Youth Cup in Heviz, Hungary. Jon Nott, Archery GB's compound team leader, said: "I would like to congratulate the athletes on selection to the European Youth Cup in Heviz, Hungary. "Archery GB compound is sending a team with a blend of experience and upcoming talent."

This is a great honour for Matthew and the club. It is testimony to the skill Matthew has as an archer and to the dedication and time he has committed to the sport. The competition at this level is exceptionally high and Matthew came through qualification as the highest rank compound junior man for GB&NI. Matthew went on to beat Romanian Victor Kiss 142-131 and then faced Viviano Mior of Italy for a quarter final place. Unfortunately in the tightest of matches he lost very narrowly 142 to 146. In the junior mixed competition, Bayley Sargeant and Matthew were ranked fourth but could not quite overcome the home team of Eva Borbala Nagy and Viktor Orosz. The Hungarians went on to win bronze.

Twelve compound archers will also be making the trip to Heviz. This has been a great experience for Matthew who will continue to improve and as a club we look forward to celebrating his future successes.



Above and Beyond

April proved to be one of the busiest months in the field calendar for Lough Cuan. We were not only hosting our Ron Bell Memorial Shoot, always a very popular shoot in the calendar, but also the NIAS Field Championships at Ballywalter. These were running on successive weekends—the 9th/10th and 16th/17th respectively.

Traditionally the Ron Bell is held at Ballywalter but with the NIAS Championships being held there the course could not be shot the week before the NIAS championship. To provide the best experience for visiting archers two new courses were designed and set up. The field committee ably guided by Ann, Michael and Noel had spent considerable time planning in the background in the previous months considering new course layouts, moving to IANSEO online system, making sure resources were up to scratch.

The Ron Bell Memorial shoot at Clondeboye was a great success and then the NIAS Field Championships at Ballywalter really did prove that LCB can put on successful world class events. I cannot thank everyone that helped enough. I am not going to name them all as I would probably leave someone out but the know who they are and it could not have been done without them.

I would also like to congratulate the LCB archers that competed at these shoot. you did the club proud as always. MF



We few, we happy few, we band of brothers/sisters





We continue to welcome new members to the club. Sophia Knox has joined the ranks of LCB Junior Bowmen and Mark Armstrong has joined the Senior club. I am sure that you will make the very welcome in the usual LCB manner.

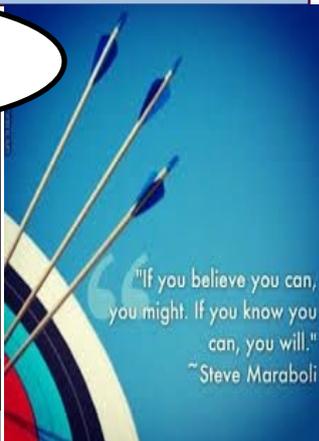
NEWSround

Thriving Life Family Fun Day

Over the years the club has built up a very good relationship with Thriving Life Church. We have hosted a number of have-ago sessions for their men's group and as part of their family fun day on Saturday 30 April we facilitated a have-ago session. It was great to see so many club members volunteer, particularly as the day is always very busy. Everyone met at the rugby club and quicker than a quick fit fitter we had the trailer packed and ready to go. At the church the 'range' was set up with military precision, everyone seemed to know just what to do. It was as always a busy afternoon, with a wide range of people all keen to have ago. And no matter the age group (though the children in particular) all had a great sense of satisfaction and achievement getting the arrows on target. As always the coffee and burgers go along way to keeping the energy levels up. I couldn't finish without a mention of possibly our youngest volunteer helping at our have-ago, Jess. It was great to see her so involved and showing her peers how to shoot. So it goes to show you are never too young to help with a have-ago. These are a great opportunity to introduce people (and possibly prospective club members) to archery. As always a sincere thank you to all those members who regularly give up their time to come along and help out. There will be more have a go sessions coming up over the summer, so if you haven't helped out, do come along.



Rain! What rain



The flight of the arrow

is as true as

the skill and the nerve of the man/woman with the bow.

Ron Bell Memorial Shoot

The Ron Bell Memorial shoot this year changed venues from Ballywalter to Clandeboye as the NIAS Field Championships were being held the following week at Ballywalter. With a new field committee set up to share the responsibilities the shoot had to planned. With a lot of thought and much wandering around Clandeboye it was decided to set out a new field course or at least to make significant changes to the existing one. To start with the course was reversed and a range of new targets put in and it was good to see new field team members taking a role and responsibility for this. Everyone involved worked extremely well together and gave up time at week ends and mid week to



prepare a challenging and enjoyable course with targets to test all abilities and from archers feed back at the shoot it was a great success. We also for the first time used IANSEO an online software package to administer the shoot. This allowed us to keep archers updated on their entry, post target groups online and to automatically record the scores, the latter proving to be of great benefit.



Rebecca taking time out to enjoy the sunshine





2016



The shoot itself attracted many of the top archers from Northern Ireland and from the south of Ireland. The weather was very kind with clear skies and sunshine. Whether archers were competing for medals or qualifying scores, a personal best or just enjoying their archery, it proved to be a very successful 2 days. A sincere thank you to club members who helped with the initial setup and remained behind on the Sunday to help clear the course.



Encouraging to see club members taking part in the shoot and Sophie and Conor coming away with medals.



Ron Bell gallery

As always it was great to see archers from throughout Ireland coming along and enjoying the competition and the craic

Meet the Archers



Meet the Judges





Meet the Archers

If we have missed you out the full gallery can be viewed on our Facebook page



More than a Stretch - Muscle Development in Archery

We have dealt with the bow side, the string side and the err... back. All of which are recommended for a stable, repeatable platform and which all, along with good alignment of the body parts, contribute to stable, repeatable positions allowing the arrow to pick up the maximum of forces from the bow which you, the archer, has just put into the equipment by pulling it back. With the energy from those forces allowed to push on the nock of the arrow with the minimum of horizontal/vertical movement, which is wasted energy, the arrow will fly with a flatter trajectory giving a better result at the target end.



Dem Bones, Dem Bones Dem Dry Bones.

Bones do not require energy when drawing/shooting a bow. Not only that, but they tend to stay the same length, unlike muscles. The archer is advised to make full use of the skeleton in the search for consistency. Lining up the wrist, forearm, upper arm and shoulder blade with no angles will transfer the draw weight to the draw shoulder. The 45° angle of the hand in the bow handle and upper arm rolled slightly forward at the shoulder will align the bones as well as keep the wrist away from the string so it won't hit the forearm.

Shoulders to the Grindstone.

Question: What muscles do you use to shoot a bow? The answer is not so straightforward.

Answer: All of them! You have to stand, breath and balance for a start. All of these and more require the archer to use muscles before even thinking about a bow. In addition to that, remembering about the affect of tension, some muscles have to deliberately remain relaxed in a state of dynamic stillness.

For each action the main muscles are -

-  **Standing:** stand straight without locking the knees. The Core Muscles have already been mentioned - these are deep in the body and run vertically and also in spirals around the body. Tuck the tail in, squeeze in the tummy muscles below the navel and relax the breast bone (so it is vertical) and shoulders. This will reduce the curve in the lower spine which may end in lower back pain.

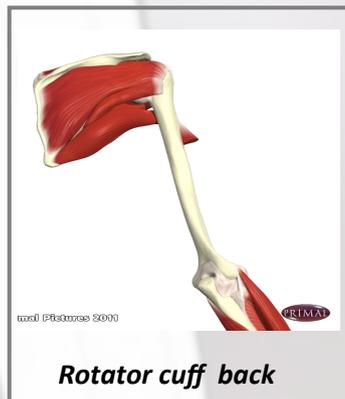


-  **Lifting and holding the bow:** uses the mid deltoid which connects the upper arm with the shoulder and triceps on the underside of the upper arm. Under 18? The deltoid is one of the last muscles to mature so don't try to shoot with a bow that has a bigger overall weight in the hand than you can manage.

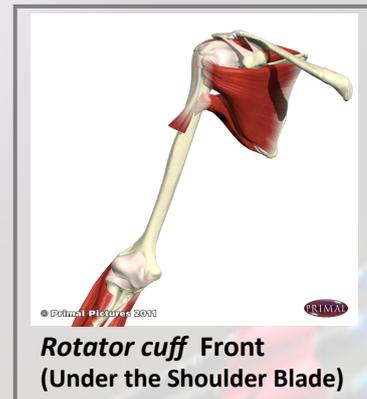
The shoulder joint has the largest range of movement of all joints. In order to keep it steady the rotator cuff muscles are needed. These are the supraspinatus, infraspinatus, subscapularis and teres minor and their size means they are unable to take significant load.

Drawing too heavy a draw weight and/or holding the bow shoulder in anything other

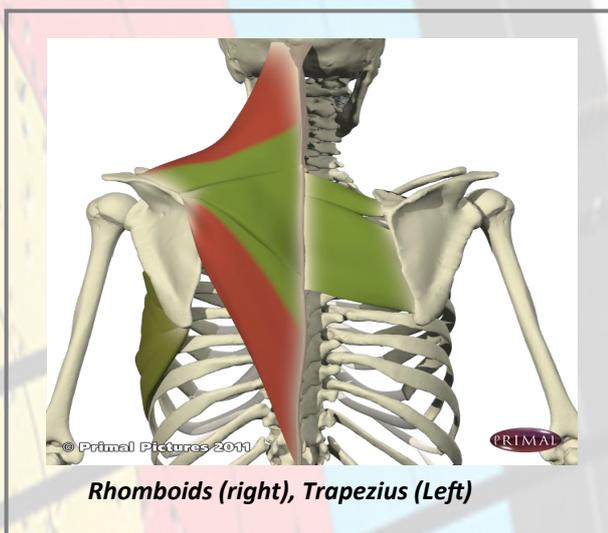
than a relaxed position (gently push down and through the bow) may result in impingement syndrome where body parts get trapped and compressed (and very sore) as they come through the joint.



Rotator cuff back



Rotator cuff Front (Under the Shoulder Blade)



Rhomboids (right), Trapezius (Left)

Until the next time practice often, practice smart and don't be afraid to ask a Coach

The draw is completed by the rhomboids and the mid trapezius which pull the draw side shoulder blade towards the spine.. If both shoulder blades are pulled back the muscles between them get compressed and preventing completion of the draw. Pulling both shoulders back and pushing out the chest is poor form.

The hook made by the fingers on the string is held by the extensors in the forearm. Holding the string on the finger tips can result in 'archer's elbow' – a painful inflammation.



Flexors (forearm)



In archery it's always good to keep an eye on things



The Comic Strip Presents

The Dundonald Pirate Masters



BLACKBEARD'S
Adventure



So what do archers do when they can't have a regular club night? While its fairly obvious—play golf

And so off into the mist our intrepid golfers went. We think there may be one or two still there. There have been a few absences at club nights!!



George on the unmarked blue peg . Hope his marks are right.



Michael still hasn't quite perfected his putting. Does anyone know a good coach?



Aye we be pirates

So is 4 a budgie, a canary or a dodo?

That' my girl



Megan practising her Lough Cuan's got Talent performance



And the winner is Lough Cuan's Golf Master for 2016 is Billy Surgenor. I think he's still waiting on the prize money

Shooting Outdoors

Now that we are outside shooting for the summer, there are a few different routines for a club night. Here are a few guidelines to keep you safe and enjoy your shooting.

When you arrive at the executive clubhouse, it does look like a lock up, but with a bit of imagination! Register and pay your shooting fee as normal.

Collect a boss and target face from the lock up and take it onto the field and peg it out. The boss is generally pegged out on the try line..

When taking a boss onto the field be aware of archers already shooting and make sure you walk behind them. Always check to see the 'detail' shooting at the furthest distance.



Peg out the boss on the try line. Keep a safe distance between bosses (a good 12 paces) Remember people may be shooting either side of you.

Check out the diagram on the next page.

Decide what distance you want to shoot and create your shooting line. Unlike indoors you control your shooting detail. Go to the line when ready and make sure it is safe to collect arrows.

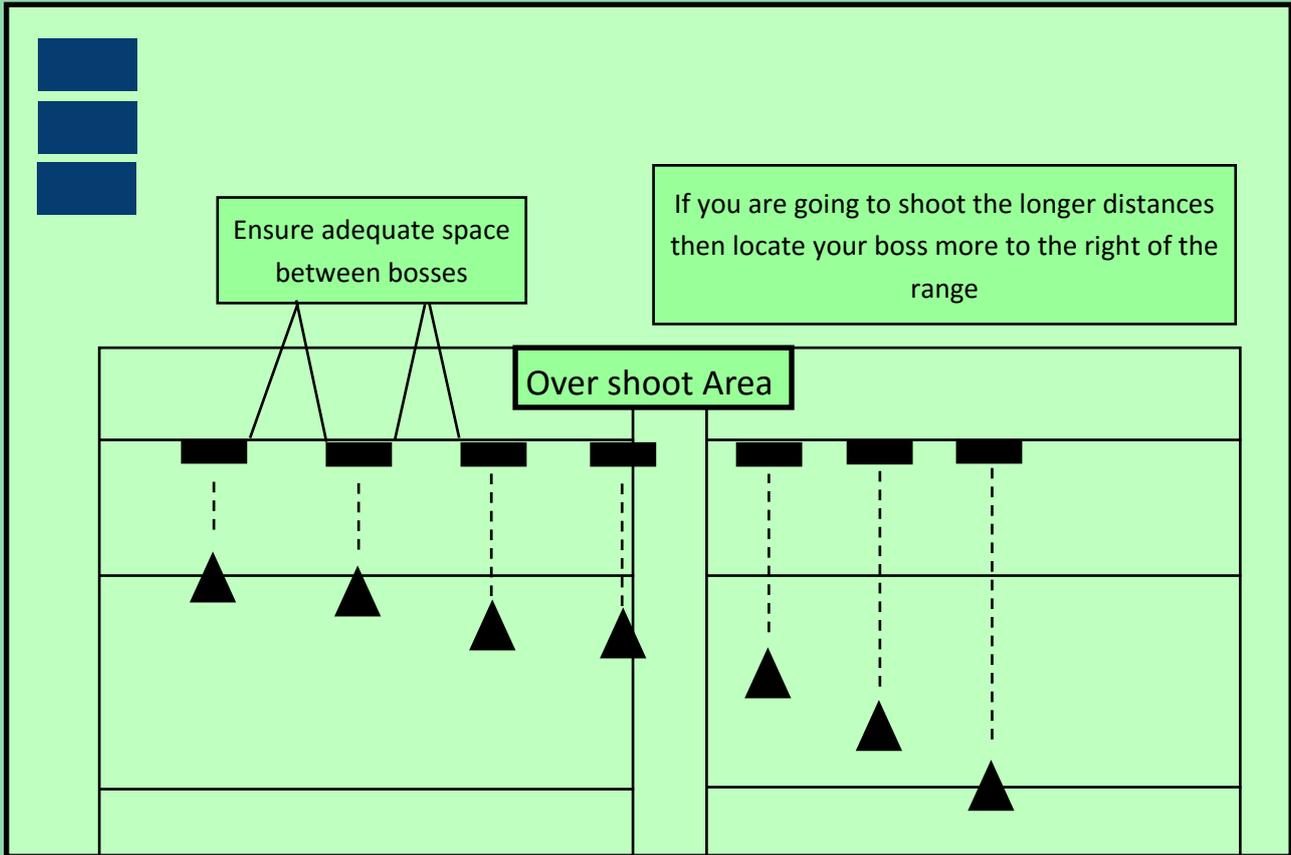


If you are the last person shooting at a boss you are responsible for returning it to the lock up.

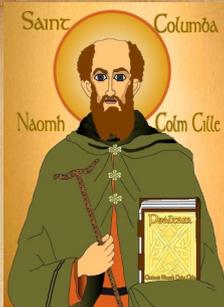
Remember archers may still be shooting, so bring the boss back down the range and leave the field behind the furthestmost shooting 'detail.'



If an arrow goes behind the boss it will need to be retrieved and all arrows should be accounted for at the end of the evening. Even when you go behind the boss, remember other archers are still shooting. So stay in your lane.'



In Times Gone By



With our Columcille shoot is coming up soon in June. Now being an ex RE teacher (I bet it was everyone's favourite subject at school) I thought I would revisit my past subject and do a little bit of research. Saint Colmcille, also referred to as Columba, (7 December 521 – 9 June 597) was an Irish abbot and missionary credited with spreading Christianity in Scotland. He is described as, Saint, scholar, prince, diplomat; Colmcille is a man of many parts. Tall, strong, and a powerful presence, he casts a long shadow over the Ireland of his day, mixing in the affairs of state and winning hearts to God. There is more folklore and legend about this man than of any other personalities of the early Church.

He was born in Gartan, Co Donegal, where he is born into the northern branch of the O'Neills in 521. His mother, Eithne, is a princess from Leinster, and his father, Fedelmídh, is the great grandson of Niall of the Nine Hostages, the pagan king who brought Saint Patrick to bondage in Ireland. Colmcille reportedly studied under some of Ireland's most prominent church figures and founded several monasteries in the country. He spent time studying at the monastic school of Movilla, at Newtownards under Finnian of Moville. A significant event in his life was a dispute with his old teacher, Finnian of Moville, over the copying of a book of psalms. He was accused of copying the book and Finnian wanted both his original edition, plus Colmcille's copy of it back. Some say this is why he had to leave Ireland.

Around 563 he and his twelve companions crossed to Argyll in Kintyre before settling in Iona in Scotland, then part of the Irish kingdom of Dál Riata, where they founded a new abbey as a base for spreading Christianity among the northern Pictish kingdoms who were pagan. He remained active in Irish politics, though he spent most of the remainder of his life in Scotland.

So, how far away is the target?

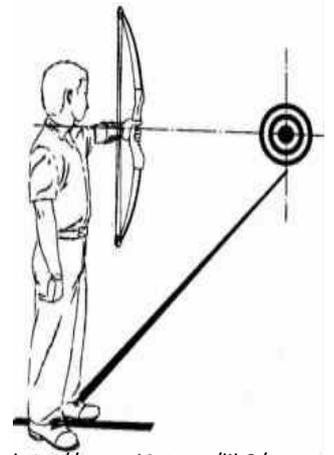
Arthur Hallighey

Practice your judgement skills, practice, practice. When you have mastered them, practice some more. Use more than one method of distance estimation to double check. The course layers are out to get you! NB – if you shoot instinctively good luck as all the following will be superfluous!

Know the maximum and the minimum distance for ALL pegs, not just your own.



F.I.T.A. Unmarked Consists of 2 to 4 units	TARGETS		DISTANCES IN METERS (as of 04/12)			
	∅ cm	No. per unit	WHITE Cadets	YELLOW Longbow	BLUE Unsighted	RED Sighted
20	2 to 4	5 to 10	5 to 10	5 to 10	10 to 15	
40	2 to 4	5 to 15	10 to 15	10 to 20	15 to 25	
60	2 to 4	10 to 20	15 to 25	15 to 30	20 to 35	
80	2 to 4	15 to 25	20 to 35	30 to 45	35 to 55	



<http://www.i4at.org/lib2/bowshoot.htm>



Half a League, half a league, half a league onwards.

A practical exercise first. Approach a peg. Write down your very first impression of the distance (no preconceptions!). Now, not before, estimate the distance using your chosen method. Then measure the actual distance. In about 95% of cases your very first decision will be nearer the correct distance.

Try estimating distances to a tree, park bench etc. then pace it out to check. Or start at a tree, bench etc. and pace out, say, 20 meters then look back to get your mind used to visualising that distance. Something to do when walking the dog! An average man will have about 25 paces to 20 yards. Check yours out (no big strides now, your normal ones). You may find it easier to estimate distance in paces rather than yards or meters and, if you can measure the distance accurately with a tape and put a dab of spray paint at 5 or 10 m intervals, you can revisit the scene of the crime regularly in different weather and light conditions.

A word of caution: in a 2x12 course or a 2 day unmarked or mixed the organiser may change faces and/or pegs during lunch or before the 2nd day – don't assume the course will be the same. Some course layers will scatter leaves to disguise disturbed ground left after the 1st half, make a hole in the ground a few meters away or scuff the ground up to make it appear that they have moved the peg when they haven't or have they?

The 20cm and 40cm faces are obvious, however the 60cm and the 80cm can be confused. Butts are manufactured in 130 cm and 95cm but non standard butts can be used. A 60 on an 80 sq butt will look like an 80 on a 95 sq butt while an 80 on a 130 sq will look like a 60 on a 95 sq. Look at the face with binoculars. The size of the holes left by previous archers in relation to the gold will allow



you to estimate the size of the face - assuming there have been others and they have hit the gold!

Carbons will leave a smaller hole than wood. If the group ahead are still scoring, use the size of the target relative to the archer. A 60 face will come to just above the knee on most adults while an 80 will come to the hip. A 60 will be about the width of an adult plus a bow while an 80 will be the width plus a bow held half an arms length from the body.

Tilting a butt and angling it away from you is another trick course layers will use to upset you. Funny how archers seem upset when faced with a square piece of card at an angle even though the target is round (the secret is that the archer tends to lean the



bow to 'mirror' the angle made by the edge if the card or the butt which sends the arrow off in the direction of the tilt). An angled face will appear as an oval, the tendency is to shoot to the further point of the oval.

The Far Horizons

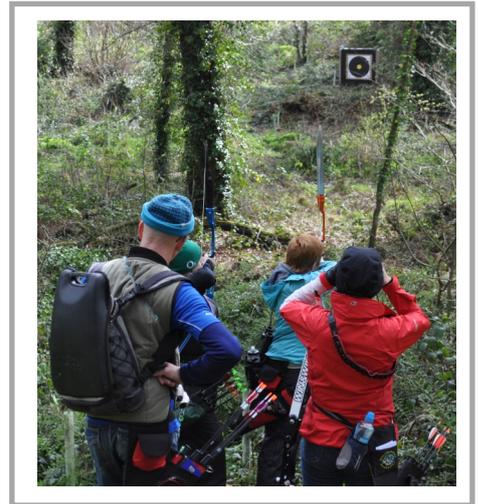
- **JUDGING BY MAX AND MIN. or BRACKETING.**
If you know the distances that the target must be within you have narrowed the field. Shoot at the mid point of the range. You can't be more than 7.5m out and learn from the first arrow. Fine this up by estimating if the target is closer to the furthest, nearest or mid range for it's size. Where the max and min has a long span estimate the closest you think the target is, then the furthest and split the difference.
- **'ROLL OVER' METHOD.** Estimate a 10m distance in front of you. Now 'roll over' the 10m towards the target. Distance can be estimated from the number of times it takes to reach the butt. Note that any error in your first estimation will be multiplied by the number of times you have to 'roll over'.
- **MIDDLE POINT METHOD.** Estimate a half way point and double.
- **INTERMEDIATE POINT METHOD.** As before except this time you have to make two estimations – how far it is to your intermediate point and how far from the intermediate point to the butt.
- **ADDITION METHOD.** This works if you are beside a fence with regular uprights or in a plantation with regularly spaced trees (Forestry plantations are usually regular). Estimate the distance of the regular gap, count the gaps between you and the target and multiply the two.



A word of caution at this point. As a rule we usually judge SHORT. Aiming slightly longer on a face will get better, but not top, scores than aiming shorter by the same amount.

If aiming from a peg in dark shade to a target bathed in bright sunlight the distance will appear shorter, while from a bright peg to a dark target will appear longer.

In an open field the distance will appear shorter while shooting down a tunnel of trees will appear longer. Be aware of this because practice is more often done on an open and flat field unlike the real thing.



Dead ground - a dip in the ground, a fallen tree, bushes, a clump of ferns, a patch of nettles, briers, anything that hides some of the ground from your sight - will make the distance appear longer and shooting across a valley will have the same effect for the same reason.

Uphill is often judged shorter while downhill will have the opposite effect.

A shot across calm open water will appear to be shorter while a disturbed surface will appear to be longer, useful when shooting across a lake or river or when the path to the target lies down a stream.

Not only that but if there is a distinct temperature difference between the water and the general surrounding air the air immediately above the water will be cooler and more dense which will slow the forward speed of the arrow. This is particularly marked over fast running, disturbed water.



There is no **excellence** in archery without **great labour**



The **NIAS field championships** was our second major shoot in April inside 2 weeks. Held at Ballywalter Estate it was testimony to the club commitment to putting on a world class event and to the capacity and dedication of club members. An added bonus was the sponsorship of Clickers Archery. The course was redesigned to make use of the natural surroundings of the estate and to provide a challenging and enjoyable course. The 2 day shoot attracted a top quality field of archers competing for the title of Northern Ireland Champion.

It is worth just noting the contribution of the judges not just at the NIAS championship but also at the Ron Bell Memorial shoot. As always they carried out their role very professionally creating a fair and safe environment for the shoots.

It was a privilege to have Lord and Lady Dunleith present the awards to the winning archers.



Some of the medal winners at the NIAS Field Championships. (Photo credit Helen Ellison)



... and it didn't cost a penny

There may have been a little confusion at the Ron Bell memorial shoot this year with the appearance of what some thought/hoped might be Dr Who making an appearance, though possibly in a reconditioned Tardis. Archers are generally a hardy bunch used to 'harsh' conditions. But for this years shoot we thought we would bring a little bit of glamour and luxury! It wasn't the end for our faithful green tent, it was sited on the course. By all accounts it went down very well and will possibly reappear again!



Let Your Fingers do the Walking

The Beginners Guide to String Walking



What is string walking?

Essentially string walking allows the archer to use the arrow point as a reference, keeping it on the target centre by gripping the string at measured distances below the arrow. The farther below the arrow the string is gripped, the less far the arrow will go. This allows the archer to know where to grip the string for certain distances quite accurately.

For example, using 3 fingers under with the tab touching the nock, the arrow is on the target centre (referred to as point on) at 40 metres. If the tab is moved 1/2" below the nock, he is point on at 30 mtr. At one inch he is 20 mtr with his point on.

While most shooting rules do not allow marks to be put upon bow string, bow, or tab, (check individual disciplines for exact requirements) most archers use either the ordinary marks available on some tabs, for example a line of stitches (see photo), or use their centre serving that will allow them to count down "wraps" of serving. This is typically done by running one's thumbnail down from the nock locator, counting each click or bump along the way. Each distance that corresponds to a shooting distance is called a "crawl." Some archery bodies allow these to be written down, others require them to be memorized. When starting out with string walking it is always useful to have a note book at hand to write down your 'crawls.'



How to Get Started (String walking)

The first thing to work out is your "point on target" distance (commonly known as "point on"). This is the furthest distance you can shoot at while still keeping the arrow point on the gold. (You will have your tab placed directly under the arrow). This will vary from archer to archer, if you're not sure about your point on chat to one of the coaches and they will help you

If we take 40 metres as 'point on' for our starting point. (Photo 2) Shoot a number of arrows at your point on' distance to settle into your rhythm. Then move 5 metres closer to the target and shoot using the same crawl (point on). The arrow should hit high. Now place the tab on the string directly below the arrow. Move you draw hand thumb down the tab about a quarter of an inch. (Photo 3) Place your thumb tight against the string and carefully move the top of your tab to line up with your thumb. Draw the bow and take your shot with the same point of aim. The arrow should hit lower.

If the arrow didn't hit in target centre, if it hit above the gold a larger crawl is needed; if it hit below the gold, a smaller crawl. It may take a bit of trial and error to get it right. Once a crawl that works is found, the distance and a description of the crawl are written in your notebook. In our example, this will be your 35metre mark. It is a good idea to have a diagram of your tab and mark the distance against the stitching. The crawl is described either as a number of wraps of center serving or number of stitches (and fractions thereof) on the archer's tab. This process is repeated until a number of crawls are established. It will take a while to get your marks exactly and remember chat to a coach and they can help you work through it.



The Puzzled Archer

Here we have 12 common archery terms/items, unfortunately they have become scrambled. Can you unscramble them first and match them to their use from the list provided on the next page.

The words are also hidden in the word square. See if you can find them

1. WBEROAB 2. TLUOC 3. CLTEFH 4. MISLB 5. BINOHOROD 6. CNKO
 7. BAT 8. NEPIS 9. RACNOH 10. UQSROWBAE 11. WOLOBNG 12. BILESATZR

- 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____
 7 _____ 8 _____ 9 _____ 10 _____ 11 _____ 12 _____

R	E	Z	I	L	I	B	A	T	S
D	T	B	F	E	E	T	U	H	K
O	O	A	L	N	P	O	B	C	H
O	W	S	B	I	L	I	O	A	C
H	O	R	T	P	N	N	N	O	T
N	B	O	W	S	Q	U	A	R	E
I	E	S	B	H	B	I	B	A	L
B	R	E	S	T	G	M	A	R	F
O	A	R	Q	A	I	E	I	G	O
R	B	W	O	B	G	N	O	L	B

Only if you are stuck

- 1 A type of shooting that does not allow the use of sights, stabilizers, release aids and other shooting aids
- 2 A type of shooting where archers shoot to a large ringed target on the ground, usually at long distance.
- 3 The feather or vane mounted on the arrow to stabilize its flight.
- 4 The energy storing parts of a bow above and below the handle riser.
- 5 To shoot an arrow into the end of another arrow (2 words).
- 6 The removable piece at the end of the arrow with a small slit for the string.
- 7 A piece of leather or plastic worn over the draw fingers to protect them.
- 8 The measure of deflection of an arrow shaft established by hanging a 2lb weight at the centre of an arrow.
- 9 A fixed position against the face to which the draw hand is brought.
- 10 A device that attaches to the bow string to measure the brace height (2 words).
- 11 A bow style popular in the middle ages
- 12 A rod and weight mounted on the front or back of the riser to provide stability.



5. _____



Can you name the world class archers?



1. _____



2. _____



3. _____



4. _____



What the fashion conscious archer is wearing

For new members and existing ones, Lough Cuan has a great range of club kit available. You can choose from a polo shirt, hoody, light weight rain jacket, heavy coat, rugby shirt, baseball cap and beanie.



Steve in a Polo shirt

Other items can be purchased and the logo added. Please speak to Michael Ferguson if you want to place an order. Items can be ordered at any time.

Helen demonstrating just how effective a waterproof jacket is.



Andrew with a club hoody,



World Class

1. Aida Roman
2. Brady Ellison
3. Ki Bo Bae
4. Marcus D'Almedia
5. Matt Stutzman

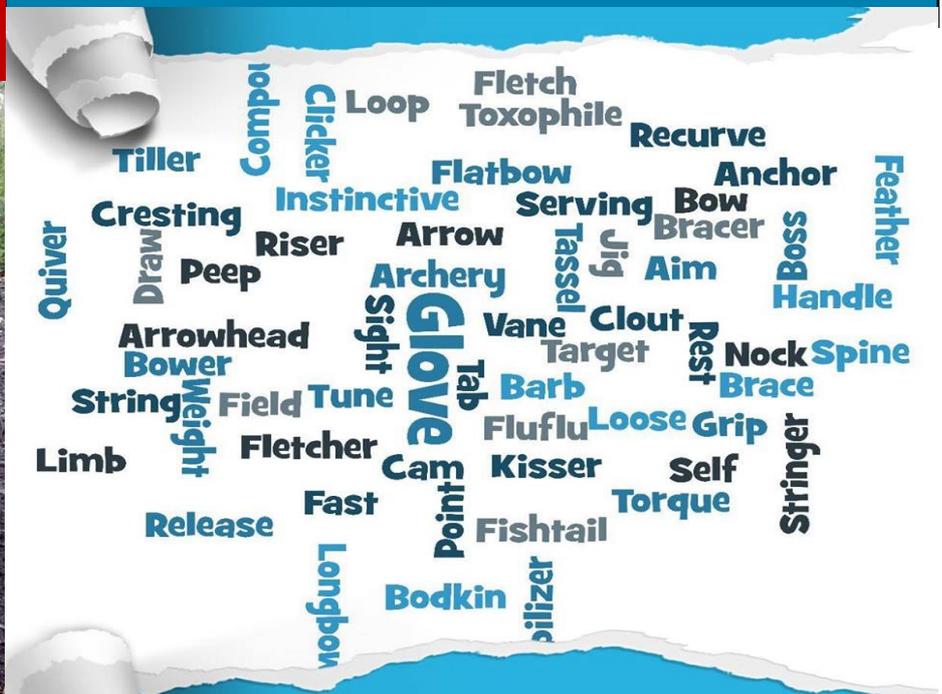
So how many did you get?

How good will you look?

So what do you do if you run out of the correct distance peg
Well isn't it obvious!



A WORDLE is a great way to get to know archery terms





A few things for you to consider

All British and Open Field Championships

Ballyvalley are taking entries for the All British and Open Field Championships that are being held at Greenmount on 11th and 12th June. This shoot incorporates the UK Junior Championships also. I would like to encourage as many LCB archers to enter this shoot as possible. It will be a great event and will be good experience for everyone.

Have A Go

We have another have a go coming up on Monday 23rd May and this one will be at Ards Rugby Club and will be for a group of Cub Scouts. I would need at least 8 helpers with this from 7 pm and we should be finished around 9.30 pm. Again, this will be a bit of fun and a chance to show the club off and hopefully get some people interested in joining. If you can help with this please let me know. MF

Take a Bow Field Shoot

The shoot on the 29th May which is being hosted by Take a Bow This will be an un marked round and has had a lot of input from LCB in setting it up. Anne Orr and I have travelled to the venue and guided the club in how things could be done. This will be their first open shoot in quite a few years and it would be great to support them as they try to get back on the calendar. Please do not be put off by it being your first shoot as the course is designed to suit the least experienced along with the most experienced and you will be guided the whole day. Also don't let the fact that it is in Cookstown put you off either as it is only an hour away and this is much the same as going to Lougbrickland or Gilford.

I had previously mentioned that I would have room in my car for 3 additional members and that offer is still open. All you have to do is ask. MF

A Little bit of field Craft

A few weeks ago I mentioned that we would be starting to work on shooting the field archery targets and distances and helping archers with this. I plan on starting this week with the 20 cm or bunny faces as they are called in the trade. If anyone wants to join in with this then please feel free. I am hoping to build up your confidence to encourage you to enter more field shoots



Beginners Course

I am planning on running a beginners course over the summer period. this will probably start around the middle of June and last for 6 weeks. I have a few people interested already but please spread the word. The maximum I can take on the course is 12 so it is a first come first served basis. MF



Dates for Your Diary

May 29th
Take a Bow
Loughry College

June 5th
Colm Cille Ballywalter
Lough Cuan Bowmen

June 11th and 12th
All British Open and Field
Championships Greenmount
BAB

June 25th and 26th
Irish Game Fair Shane's Castle

July 3rd
Lough Cuan Double American
Ards Rugby Club

I ♥ Archery
@



Lough Cuan
Every Thursday from 7.00pm
Ards Rugby Club

I picked out my favourite target for this edition. I think I would have to train my arrows to swim before I attempted this one! (Swedish Open Field Championships)



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