

The Bowmen Bulletin

May 2025



Welcome to the seventh edition of the Valley Bowmen of Huddersfield Bulletin. Our aim is to keep you up to date with news, events, results and anything that might be of interest to members of the club. Please feel free to give us your feedback and get in touch with articles and content you would like to see here.

The Executive Committee

I'm guessing that like me, most reading this probably came into archery to learn new skills and meet some new friends, together with the positive nature of being outdoor at the field with the birds chirping and the occasional rabbits flitting around the field margins. We probably didn't bargain for the cold during the winter months though.



Praise be to those who volunteer. Like any club, association or charity there are rules and memberships, all this needs people to co-ordinate matters – hence the Executive Committee. There are mundane daily, weekly and monthly tasks some of which repeat during any annual period but still need co-ordinating to run smoothly, and some also need further volunteers for tasks on the day.

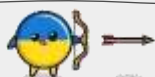
At VBoH, we are fortunate to have fantastic facilities with indoor/outdoor shooting 365 / 24 / 7 and 24hrs access too. All this needs managing. Much of the work and decisions in the background of the work of the committee covers the everyday mundane matters. Imagine: each year as your own motor or household insurance comes around, or your power supply is up for renewal and the surfing the internet to find the best deal. There is also a need to understand all the nuances around the issues of archery and competitions. This is the work of the Executive Committee, a democratic group.



You have probably heard **Will Kempf**, our President and Chair saying that Committee meetings are open meetings, and any member can sit in and observe, you can also take part in any of the discussions which take place (apart from Welfare issues, you would be asked to leave those discussions), you won't have a vote at any of those meeting's but you are quite welcome to see how we function.

There are posts which come available annually, so if you fancy a role why not have a look at what is available and find somebody in the club to nominate and second you for the post, this just means speaking to your fellow archers on the waiting / shooting line and expressing an interest. Many of the Committee members have been around for 15-20+ years and new blood would be fantastic and freshen up decision making!

Over the past 12 months (and maybe a little longer than that) some members of the Committee have been looking at the exhaustive roles of Solar-panels and taking on club insurance, the latter point being forced on us by changes at AGB, probably none of us would have been too keen to offer to trawl through all the nuances and issues around this and then come back to the Committee in order that we can make a sound, well thought through decisions. Why not think about becoming a committee member?



Ukraine Archery Appeal

Thank you to everyone who has donated archery equipment over the two appeals. The response has been tremendous.

We have donated 8 complete bows. Over 250 arrows, 12 bow stringers, 5 arm guards, 4 chest guards, 7 finger tabs, 2 finger slings, 6 quivers, 3 archery cases, 9 long rods, 1 bow stand, 6 leather archery gloves, 1 arrow tube, 2 sets of spare recurve limbs, 3 limb covers, 1 arrow tube and many fletching's, points, nocks, Bieter blocks and brace hight gauges and other archery miscellaneous bits and bobs.

On the 20th April the donated items were taken to Sheffield and given to a representative of Archery Ukraine who wishes to acknowledge the generosity of the members of the Valley Bowmen.

The items by now will be in the Ukraine and are being prioritised for re-establishing junior groups. It is hoped that when circumstances allow that we could consider twinning with one of these.



Defibrillator & Catastrophic bleed kit

These are life-saving items and should be respected as so.

Defibrillation

As most of our members will have seen, the club has its own defibrillator. We also have a Catastrophic bleed kit in the same cabinet stored under the Defib' unit. The cabinet and its content are checked regularly. The cabinet is kept locked for security reasons, the code to open is **C159X** then pull the handle downwards. Inside the cabinet it has a thermometer and heater, so when the ambient temperature drops to frost-level (4°degrees) the heater comes on and gently warms the cabinet up. There is also a light-switch on the inside, left-hand of the cabinet. Our unit is plotted on 'The Circuit', a national mapping system for public access defibrillators run by The British Heart Foundation and St John Ambulance, and Yorkshire Ambulance Service know of its placement and unlock code if somebody calls them.



When somebody has a problem with their heart they can go into Cardiac Arrest. There are numerous problems which can occur. Most people who have a Heart Attack (blocked blood vessel) are conscious throughout and will likely understand what is happening, being sweaty, breathless and in discomfort, this is different to Cardiac Arrest (heart suddenly stops) but will likely need medical intervention so call for an ambulance 999 or 112 should this be the case.

When somebody is unconscious and not breathing normally, in and out regularly (ignore occasional noisy breath sounds and possible spasms) the unit should be used. Call for an ambulance 999 or 112. All clothing should be removed from the chest area (top of their torso), the chest should be dry, free from excessive chest hair, any dangly jewellery and medical patches on the chest should be removed (might look like a plaster?). There are scissors, a paper towel and a Bic™-razor to do this in a foil packet inside the lid of the orange-case of the unit. Once the chest is clear, switch the defib' on, open the pads packaging and look at the pictures on the pads, place them as indicated, **then stand clear**. The unit will tell you what to do once switched on, analyse what is happening and if needed it will charge-up and deliver a shock. It will tell you what is happening throughout and ask you to '**press the flashing shock button now**', it will not do so if the heart isn't in a shockable rhythm, so you can't get it wrong. Do not touch the casualty whilst it is analysing or shocking. For more information from the British Heart Foundation press and hold Ctrl on your keyboard and click [here](#) . It is Ok for you to look at and make yourself familiar with the defib', **but do not switch it on unless needed please**, each time this is done it takes some power from the battery which is best left until it is needed in a medical emergency. There is a small green 'Rescue-Ready' light you may see flashing every 20-30 seconds which is one of the checks made regularly.

To understand how to perform CPR, press and hold Ctrl on your keyboard and click [here](#)

Catastrophic bleeding

This is different to cutting your finger, hand, arm or elsewhere. There is no mistaking catastrophic bleeding as there is normally blood everywhere and it may be pumping or spurting. **The catastrophic bleed kit isn't for normal first aid but is for serious bleeding only.** There are a number of first aid kits in the Pavillion and indoor range for normal first aid. If somebody has been shot, stabbed or slashed and there is a lot of blood get the kit out of the defib' cabinet quickly **C159X** to unlock.



Do not remove any protruding object as this can make things worse, try to work around it without moving it if possible.

Inside the kit there are 2 x packets of Haemostatic Dressings (green packets) these are used to pack the wound where the blood is coming from (used on the neck, armpit/upper arm, abdomen or groin), pressure should then be applied for 5minutes (you might have to use thumbs, fingers or a fist to apply enough pressure) then secure a normal Ambulance dressing over the top and ensure the green packet from the Haemostatic dressing is included in the wrappings of the Ambulance dressing.

If the wound is to an arm or leg, there is a Tourniquet in the kit. This should be applied as close to the wound site as possible, ideally 2" (or 5cm) above the wound and pulled tight. The Velcro will secure it at this point. The windlass (the black plastic-stick) should then be twisted until tight and the bleeding stops. It is likely the casualty will be really uncomfortable, but it must be tight, ensure the windlass is secured under the edge of the windlass housing and the white securing strip holds it in place. Lie the casualty down and raise their legs above the level of their heart and cover them to maintain body-heat. Now call for an ambulance 999 or 112. The instructions and location of the club site are included on the instructions with the bleed-kit.

A message from the Welfare Officer

The role of Welfare Officer is one whereby you would think matters are simple to resolve. The club procedures and following AGB Policy classifies complaints into 3 categories:

- **Low Level Complaints**
- **Code of Conduct Complaints and**
- **Safeguarding issues**

Sometimes disputes and concerns do not clearly fit into any of these, and this makes resolving a little more problematic. We are lucky at Valley Bowmen, as our facilities are available 24 / 7 / 365, but the rights of accessibility come with responsibility.

I would like to reaffirm the position of Junior Members of Valley Bowmen of Huddersfield and other archery clubs (all those 18 and under and includes those who need additional assistance through need or vulnerability) and the requirements of the club's rules and AGB Policy. Junior members must always be accompanied by a '*Responsible Adult*', this is usually a Parent / Guardian / Care-Giver. When such adults cannot stay for the duration of the session those parental roles mentioned above must make prior arrangements with some other adult to take that role for the duration of the session. This said when there are organised sessions such as formal coaching sessions (pre-booked places), competitions or the Friday night Junior Sessions then arrangements are already in place for supporting the Junior members and the '*Responsible Adult*' role through coaches and Committee members, who are DBS checked. At all other times, when Junior Members attend to improve their personal skills or for social shooting then the parental responsibility is to make prior arrangements for a '*Responsible Adult*' to accompany the junior throughout the session. It would be best practise for this cover to be coaches or Committee members (although there are a few other members who are also DBS checked by being checked through work or other reasons).

Without planning, even if there appears to be others at the field, there is no assurance those adults can stay, and Juniors who should never be left unaccompanied at the field or at the in-door range at any time.

Adults who are approached to take on the role of '*Responsible Person*' must ensure there are firm arrangements for drop-off, pick-up and contact numbers in case of emergency. There should be some form of proof of such arrangements between the parties, either through club permission forms or emails for audit purposes. If in doubt speak to a Committee Member or the Welfare Officer.



On Sunday May 11th our club threw open our doors (well gate actually!) and welcomed people of all ages to come and give our sport of archery a go. Archery is one of the most accessible sports - there are no limits to who can enjoy shooting a bow and arrows. It also has many health benefits beyond the physical. It's wonderful for your mental wellbeing too.

Aspiring archers of all abilities and ages came and took part at our field, guided by our amazing team of qualified archery coaches and volunteers. The pictures below demonstrate how much fun was had. We saw over 50 people from our local community on the day and the Valley Bowmen committee would like thank all of the coaches and volunteers who gave up their time to make this event the success that it was.



Dates for the Diary - (External and Inter-Club Events)

Clash of the Titans



25/05/25
12:30 for 13:00

University Challenge:
Shoot for the Honour of your club!
Sponsorship Offer for this shoot is Mobile Bowyer and others.

New options for clubs are:

- 2.5 day @ 40m, 2.5 day @ 30m, 1.5 day @ 30m (Standard Weekend)
- 2.5 day @ 40m, 2.5 day @ 30m, 1.5 day @ 30m (2000 lbs)
- 2.5 day @ 40m, 2.5 day @ 30m, 1.5 day @ 30m (2000 lbs)
- 2.5 day @ 40m, 2.5 day @ 30m, 1.5 day @ 30m (2000 lbs)

Early Summer Shoot

8th of June
1pm for 1:30



Tournament Officer for this shoot
TBC

Men: 1 day @ 40m, 1 day @ 30m, 1 day @ 30m (2000 lbs)
Women: 1 day @ 40m, 1 day @ 30m, 1 day @ 30m (2000 lbs)
Junior (U21): 1 day @ 40m, 1 day @ 30m, 1 day @ 30m (2000 lbs)
Handicap: 1 day @ 40m, 1 day @ 30m, 1 day @ 30m (2000 lbs)

many thanks! Did you know that anyone regardless of experience or background can engage with this shoot. You don't have to shoot at 20m you could shoot any short metric round beginning at 30, 35 or even 25m. See you there regards Paddy McEvoy

Albion Competition

Albion meaning 'White Land'. The name the romans gave Britain in the 4th century BC. Thought to be a reference to the White Cliffs of Dover which are visible from mainland Europe.

01/06/25
10:30 for 11:00

Tournament Officer for this shoot
Alan Marriot

Men	Women	Junior (U21)	Handicap
Albion 1 day @ 40m, 1 day @ 30m, 1 day @ 30m	Albion 1 day @ 40m, 1 day @ 30m, 1 day @ 30m	Age and gender appropriate Windsor	Any Windsor Round

Please bring lunch as there will be a short break after the first 3 or 4 dozen (11:30).

Did you know: The Albion Archery round, a distance-based target archery round, was introduced as a competition for injured war veterans after World War Two, later becoming an event at the Paralympic Games. Its history is intertwined with the development of para-archery and the Paralympic movement, with the first tournament held in 2008.

Morecambe Bay Masters League 2025

Location: Your club OR Archery GB competition
Organiser: Stuart Scott. Contact via stuart@morecambebaymasters.com
Fee: None, it's free!
Prizes: Digital certificates for top 3 per class overall.
Requirements for entry: You must be at least 65 years old before the 1st of September 2025

Round 1: June: National 50 (4 dozen arrows at 50 yards & 2 dozen arrows at 40 yards on a 122cm face)
Round 2: July: St Nicholas (4 dozen arrows at 40 yards & 3 dozen arrows at 30 yards on a 122cm face)
Round 3: August: Practice (3 dozen arrows at 35 yards, on an 85cm face).
Submit your best score each month.

Each month points will be awarded based on the number of series in each category and the archer with the most points after the competition closer will be the winner. In the event of a tie the number of golds (in the an imperial round still) for the metric round) scored will determine the outcome and in the event of an equal number of golds scored, number of hits will determine the outcome. If all of these are equal then certificates will be issued to both archers.

Please submit your monthly scores to the organiser by the following dates. You may join at any time, yet entries for previous months cannot be submitted after the closing date and any scores submitted late will not be counted.
IMPORTANT NOTE: all scores will be acknowledged within 48 hours of sending. If you do not receive an email acknowledging your score within 48 hours then the organiser hasn't received it and you need to resend.

June	July	August
1st July	1st August	1st September

League available:
Ladies Recurve
Ladies Compound
Ladies Barebow
Ladies Longbow
Men Recurve
Men Compound
Men Barebow
Men Longbow

Entry to the competition means you have read and agree to the rules.

Morecambe Bay Masters League 2025

Name: _____ Club: _____

Age Group: (1) 65-70 (2) 71-75 (3) 76-80 (4) 80+

Membership no: _____ Male - Female

Shoot Style(s): Recurve Compound Longbow Barebow

Entries emailed to Stuart Scott on stuart@morecambebaymasters.com

When submitting scores, please ensure submissions contain the following information – Score, hits and golds, date and venue

Closing date for entries for each month on the page above.

Contact email: _____

Over 65

External Club Shoots

- 17/05/25 Panda - (Yeadon) – Western
 - 24/05/25 Scorton - Harrogate
 - 05/07/25 Samlesbury - (Preston) - Albion
 - 13/07/25 De Notton - (Wakey) - Albion
 - 19/07/25 Samlesbury - (Preston) - 4 counties
 - 04/10/25 Whitewire - Hebden Bridge - Western (£10 Inc. food)
- Absolute Belter!!

A bit of History

In medieval England the basic unit of currency was the silver penny. There were 12 pennies to the shilling, and 20 shillings to £1 sterling. The penny could be divided into fractions: half-pennies and quarter pennies by clipping the pennies.

In King Edward I's reign a foot archer in the Kings service (on a campaign) could earn between 2 and 3d per day, twice what an agricultural labourer at home might get paid. A horse archer could earn up to 6d per day but they had to provide their own horse and feed for the duration of the campaign. However, they could supplement their earnings by looting the fallen enemy of clothing, food, coins, jewellery and upgrading their armour and weapons.

