

# The Inside Line



March 2016

The Official Magazine of the BTBA



Cover Star: Dominic Barrett, World Tenpin Bowling  
Tour Champion.

Author: Alan Petersime

With thanks to Bill Vint, PBA Media Relations



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**Thank you to the following contributors:**

Steve Allen, Lucy Arnold, Lauren Dugan, Dominic Gall, Eric Harvey, Amy-May Hunt, Mark Heathorn, Jess Hill, Dave Malpas, Jerry Moll, Bob Wren

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# Letter from the editor

## Welcome to The Inside Line!

Welcome to the new look Inside Line! Some of you may have been surprised at the decision to move to a quarterly publication at a time when it's more important than ever that we communicate well with our members. However, with fortnightly news bulletins now going out, it was decided that a quality publication should exist alongside our news outlets. With a nod back to the days of World of Tenpin and Go Tenpin, we aim to bring you feature stories and interviews, alongside tournament reports and even fitness tips. In short, this is to be your magazine, designed to be a resource, not just a news outlet.

I want to thank everyone for their wonderful contributions this issue, particular highlights include Dominic Gall's fantastic interviews with Richard Hood and John Broadhurst, as well as plenty of news from the sport at all levels. We would also like to congratulate all the new inductees to the UK Tenpin Hall of Fame and look forward to an in depth feature next month.

Finally, congratulations to our cover star, Dominic Barrett, on his fantastic achievement winning the World Tenpin Tour Finals back in February. The BBC World Service will be broadcasting a fantastic interview with Dom in April and we will keep you updated with the exact date as soon as it is confirmed.

I hope you enjoy this issue!

Helen Tamblyn  
BTBA Communications Manager

## Plastic Ball Retro Open

Taking place at Airport Bowl on April 10th, this tournament takes you back as old school as possible! This event will only allow the use of plastic/polyester coverstock bowling balls and will use an old-school format of qualifying rounds -> round robin match-play -> stepladder final.

Format:

- 6 game qualifying block (Ladies, Seniors & Juniors receive 8 pins bonus per game)
- Top 20 bowl 4 more games (pinfall carried forward)
- Top 8 bowl round robin (7 games + position round - pinfall carried forward)
- Top 4 bowl stepladder final

For further information, please contact [elraymondo300@hotmail.com](mailto:elraymondo300@hotmail.com) or [cydneyholton@yahoo.co.uk](mailto:cydneyholton@yahoo.co.uk).

# BTBA News & Updates

Please bookmark the BTBA website at [btba.org.uk](http://btba.org.uk) for all the latest news, including the results from the 55th BTBA Nationals.

## 2016 Storm Team England Selection

Team England are delighted to welcome members old and new to the 2016 Team England Squad.

European Women's Championships – Vienna, Austria, 18th-19th June 2016

Emily Allen  
Katrina Maciver  
Danni Hopcroft  
Keira Reay  
Lisa John  
Hayley Russell

Angie Brown  
Laura Marcham  
Chloe Bruton  
Tracey Wallace  
Becky Daly  
Jackie Wyatt  
Lee Cocker  
Brandon Roberts  
Darren Cundy  
Sam Rose  
Matt Miller  
Pete Stevenson

European Men's Championships – Brussels, Belgium, 17th-28th August 2016

Adam Cairns  
Paul Moor  
Elliot Crosby  
Hadley Morgan  
Leon Devlin  
John Wells

European Champions Cup – Olomouc, Czech Republic, 24th-31st October 2016

Danni Hopcroft  
Hadley Morgan

World Singles – Doha, Qatar, 3rd-12th December 2016

Emily Allen  
Brandon Roberts  
Keira Reay  
John Wells

Triple Crown - England, 16th-18th September 2016

### BTBA "50" Club

Jerry Moll

We are delighted to welcome Martin Webster (Northampton) and Eric Lane (London) to our "50 Club" in recognition of their fifty plus years of continuous BTBA membership. As a token of our appreciation, they will receive a year's free BTBA membership. We hope to publish some of their reminiscences in June's edition of "The Inside Line". Many congratulations to Martin and Eric!

### MOTIV Jackal & Jackal Carnage

Dave Steiner

Please note with immediate effect MOTIV Jackal and Jackal Carnage bowling balls cannot be used in sanctioned competition. It does not affect any events bowled with this equipment prior to March 15th.



# UK Legend, Richard Hood

“Tricky Dicky” as many knew him as is a UK Legend in tenpin bowling. Talk Tenpin’s **Dominic Gall** caught up with him to talk tenpin, two hands and to find out if he’s ever likely to grace the lanes again...

**W**here did bowling start for you, were you hooked instantly?

I was taken to the USA with my mum to visit relatives when I was 8 (ish). We stayed there for 6 months (I even had to go to school there). My mum was taken bowling by her relatives while we were out there but I was not included. On returning she introduced my dad to bowling when we visited Chatham bowl. I was allowed to take her practice ball (open bowlers were allowed that in those days) which was the first ball I ever rolled. It stayed on the lane but I can’t remember exactly what I knocked down. Yes, I was instantly hooked. For a while afterwards I was allowed to take my parents’ practice balls. Eventually, after much nagging, I was allowed to actually have a game of my own with them.

Who were the top players when you started and who helped you in those early days?

I didn’t bowl junior league until the late 60’s and was helped by Windsor Lanes junior coach Pete Vevers. Another adult I remember helping me had a surname something like Earis, I think his first name was Frank. My memory is that they were both really good players, at least as far as Windsor Lanes was concerned. Beyond that, at that time I had no idea who was a top player. A big tournament once came to Windsor Lanes and the juniors were asked to do the scoring. The enticement of free food and drink from the snack bar by way of recompense was too much to resist. I was too wrapped up in the quality of bowling to remember any names though.

How serious were you, did you read up on the sport?

It was just great fun for me in those early years, nothing serious. I certainly wasn’t what you might call a tenpin scholar.

How long was it before you won your first tournament and can you remember when you hit your first 200?

I remember that my first 200 games came in “practice” at Windsor Lanes and I had several before I bowled by first league 200. The first of them was just after I purchased my first ball, a second hand Brunswick Fireball which, at the time, seemed like it fitted my hand perfectly (conventional grip). [I put the word practice in quotes because it wasn’t until much later that I found out what practice really meant.] Bowling stayed pretty much the same for me, that is to say, just a fun way to pass one day a week (occasionally two) through 6th form and university. At Hull University, I did start bowling the inter-university league and tournaments. During one of those inter-university outings I recall winning my first tournament, a singles at Leeds (Merrion Centre).

To go back to your second question, during university bowling I do recall meeting two people that went on to have some success post-university, Judy Howlett and Gary Barlow. At the time they had already achieved a standard that I could only aspire to. I remember being in awe watching Gary win a singles at Belle Vue, a double elimination with prequalifying, all bowled on the same day and he was hitting 200’s for fun in the final. My last year’s league at university was my first with an average in excess of 170, just before the bowl burned down in 1974.

So coming out of University and a 170 average, how did you progress to that first win in the PTBC which was at the time a lot higher standard?

As soon as I returned from university, I hooked up again with old friends from Windsor Lanes and started bowling a couple of scratch leagues at the Airport Bowl. It fairly soon became apparent that a 170 average at Hull equated to a 180+ average at the airport. I also bowled with my wife (who I met originally in the Windsor Lanes junior league) and another junior league friend at Wokingham in a handicap league. My friend, Paul Furlong, and I did quite well in the scratch doubles at the Airport and drew the attention of Team Tara and we were both invited to join their squad. I took on another scratch league with Tara and bowling three or four times a week, with occasional tournaments, helped me push towards a 190 average in the scratch leagues.

This all came to an end when I changed jobs and moved to Leighton Buzzard. I was reduced to bowling one handicap league a week at Hemel Hempstead for just over a year, I don't remember what average I bowled in that league, but it certainly wasn't the 190+ I had become accustomed to at the Airport.

My next job move took me back to an area where I could re-join those original pre-Tara scratch leagues. Bowling with Tony Izzard's trios team and with Brian Lever in the doubles league I kept improving my average.

It's now all a bit of a blur how it happened and in what order, but from there I progressed as a bowler and played in the same teams as Geoff Buck, Geoff Liddiard, Stuart Bradley and Gill Bevan. It was Stuart that convinced me I should start bowling Scratch Bowlers Club (later to be renamed PTBC) events.

Some of the early tournaments I remember (not necessarily in order) were...

- Streatham where I bowled OK but didn't make the first cut. It was a really high scoring house in those days and I don't think I had enough experience to realise what was necessary and adapt.
- Hemel Hempstead where, because of my relatively recent experience at the centre, my expectations were high, but again I failed to make the cut, this time with a disappointing performance.

If my memory serves me correctly, this tournament was worthy of note for a 300 from Harry Meighan and being Chris Buck's "comeback" tournament.

- Portsmouth where I made my first final. I don't think I won a game until late on when I beat Bernie Caterer.
- North Harrow where I finished second to Alan Fawcett.
- Wokingham where I finished second to Bernie Caterer. I might have competed in another tournament or two around that time but, if that was the case, I cannot remember where they were or how I performed.

**You have a list of achievements worthy of a Hall of Fame place in the future, of all you wins which one meant the most and why?**

Of all the wins, the one that meant the most was my first adult

win in a prestigious field, the PTBC Masters at Tolworth. I had to fend off the likes of Geoff Buck and Ron Oldfield in the closing stages. My recollection is that, in the 10th frame of the final game against Ron, I had to spare a 10 pin or I would finish second. That was one of the top three most pressurised shots I ever had to make. This was the win that sustained me during some lean times that followed, until the introduction of Team Britain rankings some ten years later.

However, of all my achievements, the silver medal with Pauline Buck in the Commonwealth Games mixed doubles means the most to me. Not just because of the prestige associated with a multi-sport games medal, but also for all the hard work to get me on the plane to Kuala Lumpur in the first place, followed by the eight months of preparation leading up to the event.

**Can you tell us more of that preparation for the Commonwealth Games, What did it entail?**

Preparation wasn't just about the sport of Tenpin, it was also about the Commonwealth Games. All competitors in all sports that were part of the games were prepared by Commonwealth Games Team England (as opposed to BTBA Team England). This involved presentations and assessments at Bisham Abbey National Sports Centre. I might not remember all of the Commonwealth Games Team England preparation, but it certainly involved the following...

- Physical assessment and advice for physical preparation based on that assessment
- Nutrition and hydration for the athlete in an equatorial environment
- Coping with jet-lag
- Coping with media, especially Malaysian media
- The Commonwealth Games experience
- Drug testing procedures

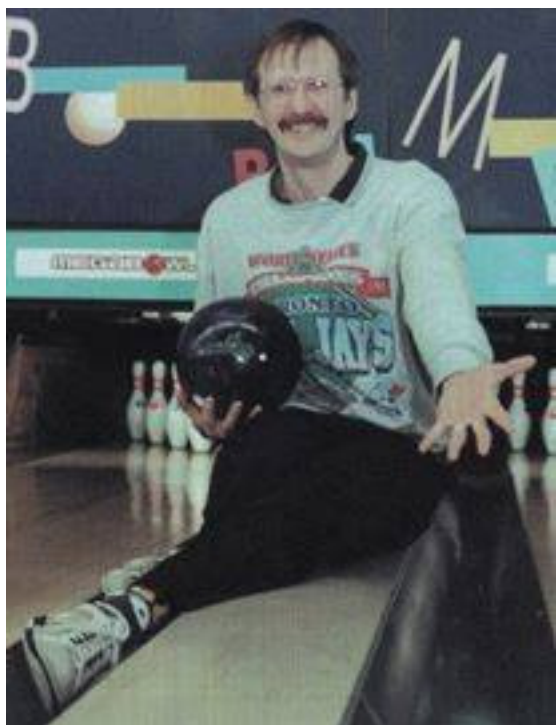
The BTBA organised a sports psychologist for us and a trip to Malaysia to compete in the Malaysian Open which was held in the Commonwealth Games venue, Kuala Lumpur's Pyramid Bowl. We also competed in a tournament in Northern Ireland during which we competed as mixed doubles. Pauline hit a 300 game bowling with me in that tournament.



Great assistance was supplied by Brunswick and AMF with equipment and there was a training weekend for the four of us at Lakeside, Newbury where Complete Leisure's Ross Gibson helped us familiarise ourselves with that equipment on various different lane conditions (Newbury was chosen primarily, I believe, because like the Pyramid bowl it had a traditional wood surface). There was one more team on-lane session that I remember at the Airport Bowl, which I think it may have been incorporated with a one of the sports psychology sessions.

Lottery funding paid for most of the above and was also available to us as individuals. I made personal use of this funding to finance a week in Sweden for practice with Thomas Leandersson and another trip to Malaysia to practice in the Pyramid Bowl for another week. With Thomas, I'd say I practised maybe 4-5 hours per day for five days. In Malaysia it was probably about two hours a day for five days.

I also attended a "think tank" where the games was a major part of discussions. Finally, there were the ordinary ranking events to compete in where these didn't clash with specific games preparation and the European Team cup in Malmo, Sweden.



**How much practice did you put into your game?**

In my opinion, getting on a lane and bowling as many games as you can in order to try and achieve good scores is not good practice. Each practice session ought to have an objective that is not necessarily just about scoring. Sometimes that objective

might be to change or re-inforce aspects of your physical game that need attention. Other times the objective might be to develop your mental game. Often I found that I could combine the two.

Understanding what parts of your physical or mental game need attention is perhaps the hardest part. Self-analysis of your physical game is difficult, even if you have access to video equipment, at least at first. Developing an objective view of your mental game is possibly even more difficult. For most I would suggest that a regular coach is necessary and that the coach should observe you during practice and competitive play. Attending occasional coaching clinics run by visiting "pros" can also be beneficial. Then you need to adopt practice drills from the coach(es), or develop your own, that re-inforce your technique or strengthen your mental game. For me it was also important that some of my practice also incorporated a statistical means of measuring my progress. When I knew I was making progress in practice, this was positive re-enforcement that led to a greater mental resilience and belief when I had to execute during competitive play.

**By 1989 though you were the NST Order of merit winner and by 1992 6th in the British Rankings, What was it like to get a place on the National team?**

Before the start of the first Team Britain rankings season, I remember a conversation on the way back from a tournament with Chris Buck where we started picking who we thought would qualify. After picking the obvious candidates, Chris asked me if I thought I would make the top 12. At the time, I was not having a great deal of success on synthetic lane surfaces, which were becoming increasingly common, so I told him that I didn't fancy my chances. He told me that he thought I would.

So, as a direct consequence of that conversation, I resolved to not pick and choose tournaments next year, as I had in the past, but to enter everything. Having finished 6th, I wasn't necessarily expecting to be one of the six selected for the European Championships but I "got the nod". It's hard to express my feelings at the time without resorting to clichés. If you follow sport at all you will have heard them all, so I'll let your readers pick their own favourite.

**Maybe known as a singles player you were a strong team man, with two Paris Fives wins. People still rave about that event. Just how good was it?**

Both were phenomenal events to participate in, as was another

final that I didn't win. For those that don't know, the centre was split level, 12 up, 12 down. Upstairs had banked seating for hundreds of spectators which was where the round robin took place and it was well populated, if not packed, for most of it. The appreciation of the crowd for what they were watching and its proximity to the bowlers made it very special.

I remember that for the first of those wins, as Team England, it was down to the 10th in the last game. I was leadoff and playing steadily, though not spectacular. As I stepped onto the approach the crowd went silent, it was like the situation you find yourself in during league play when reaching the 10th having struck to the 9th, although all I can really achieve is another double for the team. The rest of the team had more of the same and without exception I think we all made the shots, got at least one double each, finished with 1100+ and won. Thanks to all my team mates in all three of those finals.

**Now an international bowler, who were the toughest players you faced in your career?**

If you are talking internationally, there were/are so many tough players but I guess you want me to single out a few, so here are some that I competed against quite often: Tomas Leandersson, Tore Torgersen, Raymond Jansson, Göran Carlsson, Teemu Raatikainen and Achim Grabowski. If you are talking domestically, the system was that good that anyone capable of making the squad was a handful most of the time. If I was in there fighting and thwarted in my efforts, it was most times by one or more of these names: Chris Buck, Geoff Buck, Phil Scammell and Ron Oldfield. More latterly Wayne Greenall and Steve Thornton.

**On a high in the sport and doing well, How did it go from that to pretty much quitting competitive play?**

I think that when I decided to call it a day with Team England, that was the beginning of an end. Having said that, I don't regret that decision, but it immediately meant that I didn't have to bowl if I didn't want to. There were many competitions where my participation was, in one way or another, being forced and various aspects of many competitions were becoming more and more irksome to me. So I started picking and choosing my tournaments again and fell back to one league a week. One day, nearly seven years ago, I realised that even that one league was annoying me more than giving me pleasure. There were only a few weeks to the end of the league so I told my team mates that from the start of the next season, they would need to find a replacement. I haven't bowled since the end of that league's season. I did investigate an avenue that might have

kept me in the sport but that didn't pan out.

I chose the words toward the end of my first sentence in this reply carefully, i.e. "an end" rather than "the end". I haven't ruled out a return but I would have to have a goal to work towards. I don't think I could return as just a once a week league bowler, though I'm not ruling that out either.

**Unlike today where some young bowlers can make a living from the sport. You, like many others had to work, what was that work?**

All my working life has been spent in the computer industry. I started out writing software for military trainers and was a programmer of some sort in various applications up until 2000. By 2000 I had been a "contract" or self-employed programmer for many years, but around that time contracts dried up (thankyou Dawn Primarolo) so I started undertaking any work I could find repairing PCs. I now do anything and everything connected with PCs and also have some server-based business customers that I look after.

**Do you miss bowling at the levels you did?**

Yes, I am a very competitive person by nature and I definitely miss the competition. However, if the question is do I sit at home thinking "I wish I was bowling"? The answer is no. I can see that some might find that a bit contradictory but nonetheless, it is how I feel and I do not feel conflicted in myself.

If the question is do I wish I had a goal, any goal, to work towards? The answer is yes. The fact that I do not have a goal at the moment doesn't stress me, I am content to bide my time and seize an opportunity should one become apparent. It would be nice if I could find a way to pursue a goal in tenpin but at the moment I'm not sure that this would be possible. Of all the questions you have asked so far, this has proven to be the most difficult for me to put into words.



How about these as two possible goals Richard? As a player you come back and win on the PBA50 tour or World senior championships. As a computer boffin maybe you write a program for the sport. I have long thought we need a scores database that collects results from all sanctioned leagues and tournaments. This could then be used to look at a players form on various conditions as well say an online source for all association members.

With regard to the PBA50 tour, this was something I did consider even back when I was still playing. On the plus side to such a consideration, business was busier then than it is now, so I would have more time to devote to that as a goal. On the minus side, there is less money coming in to spend on it. I am less than four years away from retirement and most of what wealth I have is in bricks and pension/retirement funds, neither of which I am prepared to jeopardise. I think that securing sponsorship might be essential to pursue the PBA50 as a goal. I don't know how potential sponsors would look at someone that hasn't competed at any level in nearly seven years. I can see that it might be a difficult sell. I'd still like to do it though, so if anyone knows any potential sponsors...

World Senior Championships would be easier for me to self-fund than PBA50, so maybe I'll look into this as a possibility. Basher told me a few weeks ago (via Facebook) that I should give senior Team England a go but I think he underestimates the effort and commitment I would have to put in to get my game back in shape. Or maybe I'm overestimating. Anyway, I've just looked it up and the next World Championships isn't until 2017, so maybe I should at least investigate and test out the state of my game.

I suspect that a scores database doesn't really need a program written specifically. Something like an Access database would probably do the job. However, I do recollect that keeping track of the old Team England rankings was a headache for those that had to do it. I think that this was not because of the IT side of things, it was more about accurate reporting of the source data by those that had to submit it. I am happy to explore possibilities if anyone reading wants to talk to me about this.

**The sport has changed over the years and since your days in the 80's to 00's. How do you view the game and it's high averages?**

Part of me says that averages would naturally get better over time anyway. Otherwise it would indicate that nothing was being learned and passed on to the stars of the future, or that those future stars were not capable of learning for themselves

just by being around the current stars. The sport would be stagnant. However, another part of me says that, what I have seen and what I am reading or hearing about today, cannot be completely explained by natural improvement.

I read with interest the recent, conflicting views of Brian Voss and Jason Belmonte. Both make valid arguments, although I don't think that Jason's comparison of two handed bowling to the Fosbury flop was a good one. I say this primarily because the high jump still has a rule, brought in a long time ago, to say that the jumper must take off from one foot only. I have seen an article that says Olympic gymnasts could add around 50cm, yes half a metre, to the current world high jump record (currently 2.45m), provided that they were allowed to take off from two feet. In % terms that's approximately a 20% improvement overnight. If two feet take-offs were allowed, I could speculate that high jump might have to cease to be a discipline of track and field and move to gymnastics. But would gymnastics want it?

My view on two-handed play can be summed up by asking the following question. Does it require at least the same level of effort and dedication to reach the same standard as one-handed play? I do not know the answer and I'm not sure if the sport will ever know this. My own personal suspicion is not relevant and the genie is out of the bottle and, I can't see a way of re-bottling it. I've also seen it reported that the IAAF were considering legislating against the Fosbury flop but, for whatever reasons, didn't get around to doing it before Fosbury (who by some accounts was a pretty average jumper until he re-invented the sport) had won Olympic gold. How many genies can tenpin afford to let out?

Of course, another aspect that introduced an increase in averages was equipment science. My main objection to this is not the advancement of scoring potential, but that tenpin is no longer a sport where equipment costs are a minor consideration to the development of a bowler's potential. Should a junior bowler with ability be at a disadvantage just because his/her parents cannot afford to buy enough equipment to keep their child in the race? This question is not only relevant to scoring potential but also has mental implications. How do you convince yourself, or your child, that someone who just won the event with the latest ball, only did so because they were the better bowler? The first ball I bought where a pro shop was involved was a Manhattan Rubber. That ball took me from a 160 junior league average to a 180+ average over about five years. Between then and my first tournament win five years later, I purchased only another three balls, Columbia 300 white, yellow and blue dots. The white dot was bought only a week

the tournament and I won the PTBC masters bowling it all day long, including spares.

I don't know what the solution to the problem is, or even if there really is a problem. I just make some observations based on my experiences over the years. Jason made some valid points about how important manufacturers are to the sport these days. If they don't make money how can tenpin survive?

**On doing this interview we realise just how much you won in your time, the lists does not really take into account seconds and high placings. There were a lot of events back then, we had a magazine and good sized association membership, You were able to get lottery funding. All things that seem amazing now. Where do you think it all went wrong?**

Lottery funding was only available because tenpin was part of the Commonwealth Games. It was only available to the attending team and for the games year only. After the games, as far as I am aware, lottery funding was not available for anyone. Only the BTBA officers at the time can really answer why that was, I was not made aware of the reasons. What I can say is that, had tenpin been part of the next games in Manchester, lottery funding might have become permanent and tenpin's status in the UK and worldwide might have risen markedly.

What follows about the Manchester games is only my understanding based on hearsay. It should not be taken as "gospel", but my belief is that Greater Manchester Council organising committee members were presented with a scenario where they could have had tenpin in the games at ZERO cost. All costs were to be borne by the industry in terms of capital outlay, and by the BTBA in terms of administration. This meant that all they had to do was sit back and take in TV revenue and ticket sales as almost 100% profit. Yet they could not be convinced to include tenpin. Sometime after the Kuala Lumpur games, I read in a national newspaper that the Manchester games were projecting a loss and that they were even considering scrapping gymnastics to mitigate that loss. Sometimes insanity rules and there is nothing that the sane can do about it. I'm not sure it has "all gone wrong". I don't think English bowling has ever had the worldwide reputation that it currently enjoys, at least at a competitive level, so that has to be good. I'm too long out of the sport (and therefore out of the gossip) to formulate an opinion about today. With regard to the past, with the possible exception of the Kuala Lumpur games, I was never really in the know either.

Loss of our national magazine was a shame and that can't have

helped matters domestically. Getting your name or photograph in the magazine was something that almost anyone at any level could aspire to. Fulfilling one's aspirations is surely a trigger for many to aspire to even greater things.

**I have to say, growing up no one I knew called you Richard to me, it was always Robin Hood, I'm guessing that was a nickname you always had?**

I don't think I've heard it much within tenpin, where Tricky was the nickname that seemed to stick with me. Chris Buck was the first to use that I think. The use of Robin has been with me all of my life though, but not generally as a nickname, more as a way of trying to wind me up. I suspect it probably had that effect when I was four, but after 60+ years it's no big deal, people have called me a lot worse

**Besides bowling and Computing, what other things have been a passion for you in life?**

I follow the NFL closely, especially the Seattle Seahawks, and have done for over thirty years. Thirty years of hurt got wiped out when the Seahawks won two years ago (apologies to Bad-diel and Skinner). I was lucky enough to obtain a ticket for Super Bowl XXVI and watched the Redskins demolish the Bills. I was in the twin cities of Minneapolis and Saint Paul for a few days before the event. It seemed like normal life was just put on hold everywhere you went so that everyone could just have a good time. We have nothing like it in the UK and I'm not sure there is anything like it in the whole world of sport. It was cold like I have never even been close to before.

Other than that, I wouldn't say that I'm passionate about anything at the moment, certainly not the way I was passionate about tenpin. Passion will come when I find a goal that I believe is attainable.

Since my early 20's I have read an awful lot. Mainly science fiction but quite a few detective fiction and thrillers too, with the odd non-fiction book thrown in.

Science fact always interests me when it's on TV. Horizon especially but anything where I can learn something new about our universe will nearly always get my attention.

I walk a fair bit, some of it for enjoyment coupled with exercise, some of it purely for exercise. The walking I enjoy is out on the public footpaths of the Chilterns, but I am a fair weather and fair terrain walker. If it's wet, windy or excessively muddy, I'll

wait for a better day. I would guess that passionate walkers would be out every day, regardless of the environment. That's probably why I haven't considered playing golf again, I'd spend six months of the year not playing and the other six months trying (and failing) to get back to the standard I used to be able to achieve when I was in my early 20's, when nearly all weekends were for golf rather than tenpin (occasionally both).

Have you kept all your trophies and medals, Do any still have a pride of place in your home?

I haven't kept all of them. But I have kept everything that was earned during scratch tournament play since my PTBC Masters win. All my old handicap league trophies from University and Wokingham were given to junior leagues to have alternate plates put on them. Nearly all of my memories are in my mind and in my loft.

**In a nutshell so to speak, why should people try bowling?**

Tenpin Bowling will constantly challenge you for as long as you want it to.

### Summary of major achievements:

Commonwealth Games Mixed doubles silver Commonwealth Invitational Masters gold, Singles gold ECI silver and bronze 11 ranking event 1st places 3 times No. 1 ranked Team England player (average over 10 years before retiring from international play 3.4) 1 time NST No.1 ranked player 3 times Scottish Open champion 2 times Paris 5's champion 3 times Inter-counties champions with Yorkshire (1 not catalogued above, Bushbury, because I cannot find out the year, the year Ron Deacon averaged 240) 2 times BTBA Nationals all events champion 5 other Masters Events gold (2 Triple Crown, 2 BTBA, 1 PTBC) Numerous minor placings (gold/silver/bronze in Triple Crown, i.e. singles/doubles/team, not catalogued) Other "sectional" 1st placings in ranking events (not catalogued) 17 competitive 300 games including live televised 300 game in Commonwealth Games Several 800+ series in league/tournament play.

With thanks to Talk Tenpin for allowing us to reproduce this detailed interview with Richard Hood.



## ADVERTORIAL

What exactly is Rift Apparel? Well, we design and produce apparel, primarily dye sublimated jerseys and shirts. With our main market in tenpin bowling but expanding, we aim to kit out our customers in the greatest looking jerseys around, whether it's from our constantly evolving stock design catalogue or working with teams and individuals to create one of a kind designs.

Dye Sublimation has changed the look of tenpin bowling. Gone are the days of heavy cotton shirts; with the ability to create fantastic vibrant designs "built into" the shirt itself, dye sublimation allows for lightweight, moisture wicking shirts to be used, allowing bowlers to keep cool in even the warmest of bowling centres. The cost of putting logos, designs and sponsors details on your jerseys is also vastly reduced, as it can all be incorporated into the shirt design. At Rift Apparel, we want to spread the word about dye sublimated technology throughout all sports, not just bowling.

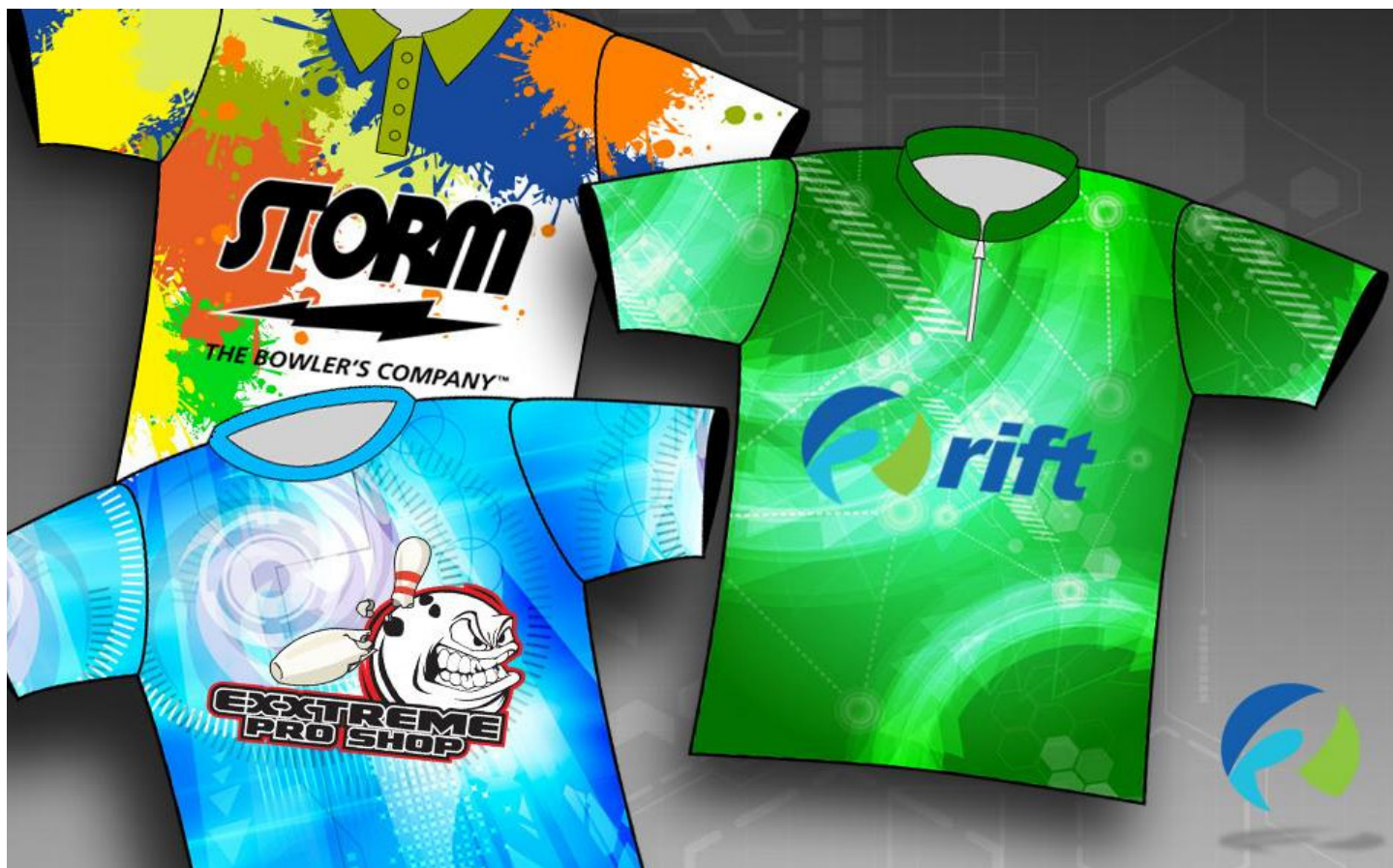
PBA legend, Brian Voss is a fan. "I like the fact that the fabric is lightweight and moisture wicking...very comfortable to bowl in. It drapes nice and has just enough

stretch to allow for ample body movement. Cool shirts!!!"

We want to help you develop an image for you, and strive to create partnerships with our team and club customers. We are proud to have recently supplied the official shirts for the South of England junior tournament.

So, what if you want a dye sublimated jersey for you or your club, where do you start? You start with Rift Apparel. We work with you throughout the design process to make sure you get the design you want, even if you are not sure what that is when you start! We can create designs, use stock art designs, create logos, use your logos or those of your sponsors and even add individual names and numbers within the design.

Ready to order? Visit our website at [riftapparel.com](http://riftapparel.com) and use the code **INSIDELINE10** for a 10% discount on any of our customised catalogue items. Please note that this discount can't be used in conjunction with any other discount code and can only be used once per customer.



# Senior Team England Training Camp

**Eric Harvey** reports on the Senior Team England Training & Assessment weekend held at Stroud in January.

The 23rd/24th January 2016 saw the Great Senior Team England Training & Assessment weekend at Stroud. We started off on Saturday with a prompt 9.30am meeting to explain the schedule for the weekend ahead, the only thing was I forgot to mention until everybody was on the lanes that the day's training was going to be run by Bob Learn and Amleto Monacelli. This was greeted with lots of excitement and enthusiasm. From then on the day just became better and better, with personal coaching, team work including how to break down the lanes, ball surfaces and a psychology class thrown in for good measure. We finished up by playing a team low count game before it was time to call it a day and head off to the hotel for some relaxation time, a group meal and chance to talk about the day's experiences. The Highlight of the evening for myself and I'm sure Jo Cundy was when the bowlers presented us both with signed pins from the great men themselves.

On Sunday we moved continents from the USA to Australia where we introduced the bowlers to an assessment programme currently used by Team Australia as part of their selection process. They use this for bowlers to gain a place into their National Training Programme. We explained that from this year's trials we are also looking

at including this type of assessment as part of Senior Team England Selection. We bowled on WTBA short and long patterns with the emphasis on 10 X shots to the pocket and also single and combination spare shooting.

We then finished the day off with a team game, this time Scotch Doubles. Bowlers drew for their lane and partner, they bowled 4 games on the new WTBA Melbourne pattern using fire conditioner. At the end of the 4 games the top 2 teams played a Head to Head one game shootout, this was between Angie Brown / Lol Ellis and Steve Bose / Keith Hodge. Angie and Lol started off slowly with a couple of splits while Steve and Keith came out of the traps firing with a spare followed by strikes. The game finished with Steve and Keith victors over Angie and Lol 233 to 189. After a quick meeting it was a very tired but satisfying journey home.

As always I would like to thank Kim, Diane and in particular Simon and his team for looking after us and catering for all our needs. It goes without saying I thank Bob and Amleto for their input, the BTBA via Jo Cundy for instigating the concept of the trials and training weekend and last but not least the bowlers themselves for making the experience a memorable one.

## Senior Team England Selection



Congratulations to the following bowlers on their Senior Team England selection for 2016:

### Triple Crown, Bromborough:

Angie Brown, Catherine Wills, Sandra Boswell, Jan Hodge, Liz Griffin, Jan Steiner, Gordon Humphries, Kim Johnson, Mike Sykes, Steve Bose, John Strettle, Keith Hodge.

### European Senior Championships, Denmark:

Sandra Boswell, Jan Hodge, Liz Griffin, Nicky Prout, Diane Johnson, Denise Dyke, Gordon Humphries, Kim Johnson, Lol Ellis, Barry Walker, Larry Exell, Paul Morris.



Senior Team England Training Camp, Stroud Bowl

# Junior Bowlers Continue to Defy Odds!

by Mark Heathorn

In May 2015 the bowling centre in Fareham closed – almost overnight – and a leisure and sporting facility that had been part of the local community for 25 years disappeared. Hundreds of people played tenpin bowling competitively at the centre and suddenly they had to find a new venue to play their sport of choice.

One group that was affected massively was the hugely successful Fareham Youth Bowling Club (Y.B.C.). With most local centres already boasting Y.B.Cs. of their own, the club was forced to re-locate to Chichester bowling centre in Sussex. The club boasted many National Champions, Team England representatives and Hampshire County Team players but such a move of 20 miles almost inevitably shrunk the size of the club resulting in about 20 bowlers leaving to join other clubs or sadly giving up the sport altogether. Despite this, the club survives – re-incarnated as Chichester Y.B.C. with 24 members.

On Sunday 31st January the club played in its first tournament of 2016, taking 16 players of all age groups competing in four person teams, doubles, singles and all-events sections. Preparation for all competitors in sport is critical, but these bowlers were significantly hindered. due to a malfunction of the lane oiling machine at their centre four weeks before.

Nevertheless, at the annual South of England Tournament in Dunstable, this group of talented young boys and girls not only won 22 trophies, including 10 1st places, 6 2nd places, and 6 3rd places, they won the “Team of the Tournament” award. The presenter even asked “were there any other clubs in the tournament?” when announcing the award and in fact there were over 25 competing clubs.

## SINGLES

1st places;

Peewee Boys – Harley Sinclair  
Junior Boys – Thomas Lacey  
Intermediate Girls – Amelia Fletcher  
Senior Girls – Sammy Roberts  
U21 Girls – Lauren Roberts  
Junior Girls – Ellie Christopher  
Senior Boys – Josh Bucket

2nd places;  
3rd places;

## DOUBLES

1st places;

Intermediate Girls – Ellie Christopher & Amelia Fletcher  
U21 Girls – Nicole Ashby & Lauren Roberts

2nd places;

Graduate Boys – Mike Bucket & Lewis Johnson

3rd places;

Junior Boys – Harley Sinclair & Tom Stray

## TEAM

1st places;

Boys – Josh Bucket, Lee Gregory, Lewis Johnson & Ethan Roberts

2nd places;

Girls – Ellie Christopher, Amelia Fletcher, Lauren Roberts & Sammy Roberts

## ALL-EVENTS

1st places;

Senior Girls – Sammy Roberts  
Senior Boys – Ethan Roberts  
Graduate Boys – Mike Bucket  
Peewee Boys – Harley Sinclair

2nd places;

Junior Girls – Ellie Christopher  
U21 Girls – Lauren Roberts

3rd places;

Junior Boys – Thomas Lacey  
Intermediate Girls – Mica Roberts  
Graduate Girls – Nicole Ashby



# Bowling Vision Donates Shoes to Lewisham YBC

by Jerry Moll

Last year, London Area was keen to establish a new YBC at MFA Lewisham so they successfully applied for a [BTBA Grant](#) to help with the setup costs and promotional material. They quickly got up and running and their numbers are gradually increasing which is great news.

However, one problem they encountered was the lack of sufficient shoes to accommodate some of the smaller feet. A plea by BTBA was most generously answered by Graham Waller of Bowling Vision, the exclusive distributor for Brunswick in UK & Ireland. Subsequently, a large package containing six much needed pairs of shoes duly arrived at Lewisham Bowl for "attention of the YBC". Many thanks indeed Graham!

In return though, Graham expects to see at least one of Lewisham YBC bowlers making JTE in the not too distant future - so watch this space!



# NAYBC Round Up

## Steve Allen reports...

The European Youth Championships are currently taking place in Reykjavik, Iceland. I will report in the next edition on the outcome of this event. However, we are pleased to report a Bronze medal in the Girls Team Event, a Doubles Silver for Mia Bewley and Katie Tagg, a Bronze All Events for Katie Tagg, in addition to Katie also securing Bronze in the Masters. Congratulations!

The Youth Team England (YTE) squad has been selected for the World Youth Championships (WYC) which will be held in Nebraska, USA in July. Curtis Hooper and Keira Reay both won the YTE rankings and the Masters so congratulations to them both.

**Terry Searle, BTBA Director of Sports Development writes,**

The squad for 2016 has now finally been selected. There were 24 players in the Masters and as expected the standard was high making the decisions very difficult. But we now have a squad:

### MEN

George Ackerman, Dominic Bond, Jake Edwards, Jamie Elliott, Curtis Hooper, Sean Hussey and Brandon Roberts.

### LADIES

Emily Allen, Issy Allen, Mia Bewley, Keira Reay, Lorna Scott, Katie Tagg and Sophie Thompson.

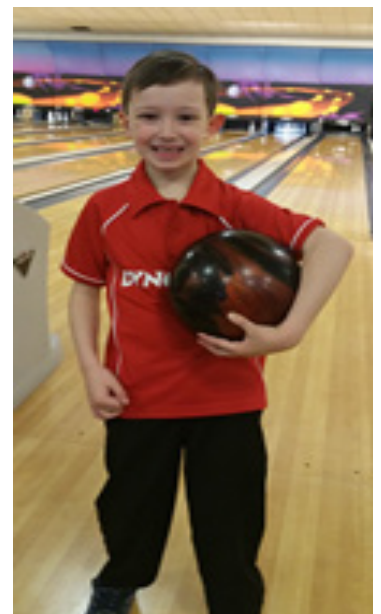
The Team to play in the WYC will be selected during April. Thank you to everyone who took part in the YTE tour and again congratulations to everyone who made the Masters.

Regards, Terry Searle, Director of Sport Development

## Harley Gets a 'YES' from Heart Radio South Coast

Just one week after winning 3 trophies at the South of England Junior Open in Dunstable, Harley was overjoyed when he bowled an amazing 201 game, which included 5 strikes in a row during his league play. Driving to school Monday morning Harley and his mum heard Heart South Radio station talking about YES moments and asking listeners to text in with their greatest YES moments from the weekend.

Harley sent a text in about his high score and '5 bagger'. Soon after texting in, the radio station called and wanted to speak to Harley live on air to tell the listeners of his YES moment. The radio presenters were very impressed and gave Harley a very loud 'YES' on the radio and said they will send him a Heart mug as a well done!



# Academy Bowlers Win in Holland

Eight bowlers from the NAYBC Academy joined Academy Director Richard Lambkin and Rene Van Vilsteren to bowl in the Youth European Trophy's 16th BBWZ Tournament held at Chandra Bowling, The Netherlands. The NAYBC and Academy congratulate them all on a fantastic event, and for their sportsmanship towards each other and their opponents as ambassadors for the sport of domestic youth bowling.

Emily Gale took 3rd place in Division 4, Alex Scholey and Lucy Wall took 3rd and 4th place respectively in Division 3, Joseph Van Vilsteren took 3rd in Division 2 and James McMinn, who completed his Academy last season, took 2nd place in Division 1.

Congratulations also due to Alex Scholey who nearly marked his first European event with a perfect 300-game, to be denied by a single pin, for a 299. Unlucky Alex, but what a weekend had by all.



## Sam Woodworth of Manchester Lightning YBC reports on her experience...

Going to Holland was one of the best experiences I've had in bowling. We started off meeting everyone at Bugsys Bowl at 7:30am. From there we (Rene and Richard) loaded our bags onto a mini bus and set off for the Eurotunnel. After hours and hours of driving we arrived at Centre Parcs De Eemhof in Holland, where in our spare time we all went swimming in the pool which was a lot of fun.

Saturday we got up early and had breakfast made by the boys and headed to the bowl. Where we met lots of new and friendly people from all over Europe. I must admit I didn't bowl as well as I can on a difficult oil pattern, but I learnt what I have to practice on and improve, such as learning to read and adapt to the lanes faster. The

next day I spent supporting my England Academy team mates in the finals, where I watched everyone bowl amazingly including Alex who bowled a near perfect game which is his personal best of 299!

The whole weekend taught me that English bowling can compete against the best in Europe and everything we are learning at the England Academy is helping me improve as a bowler and will help the future of bowling in England.

Finally I'd like to thank Richard, Jo, Rene and Rachel for taking us and making it a great weekend for us all.

## Junior Triple Crown Trials & Dates

The NAYBC are pleased to announce that the Junior Triple Crown Trials for 2016 will be at Namco Norwich, 10 Barnard Rd, Norwich, Bowthorpe NR5 9JB. The Under 16s bowl on Saturday 18th June and the U19s on Sunday 19th June.

The NAYBC are pleased to announce the 2016 Junior Triple Crown will be in ENGLAND and the venue will be Namco Norwich from Thursday 25th to Monday 29th August.

The NAYBC and Junior Team England executive Team for the 2016 Junior Triple Crown are:

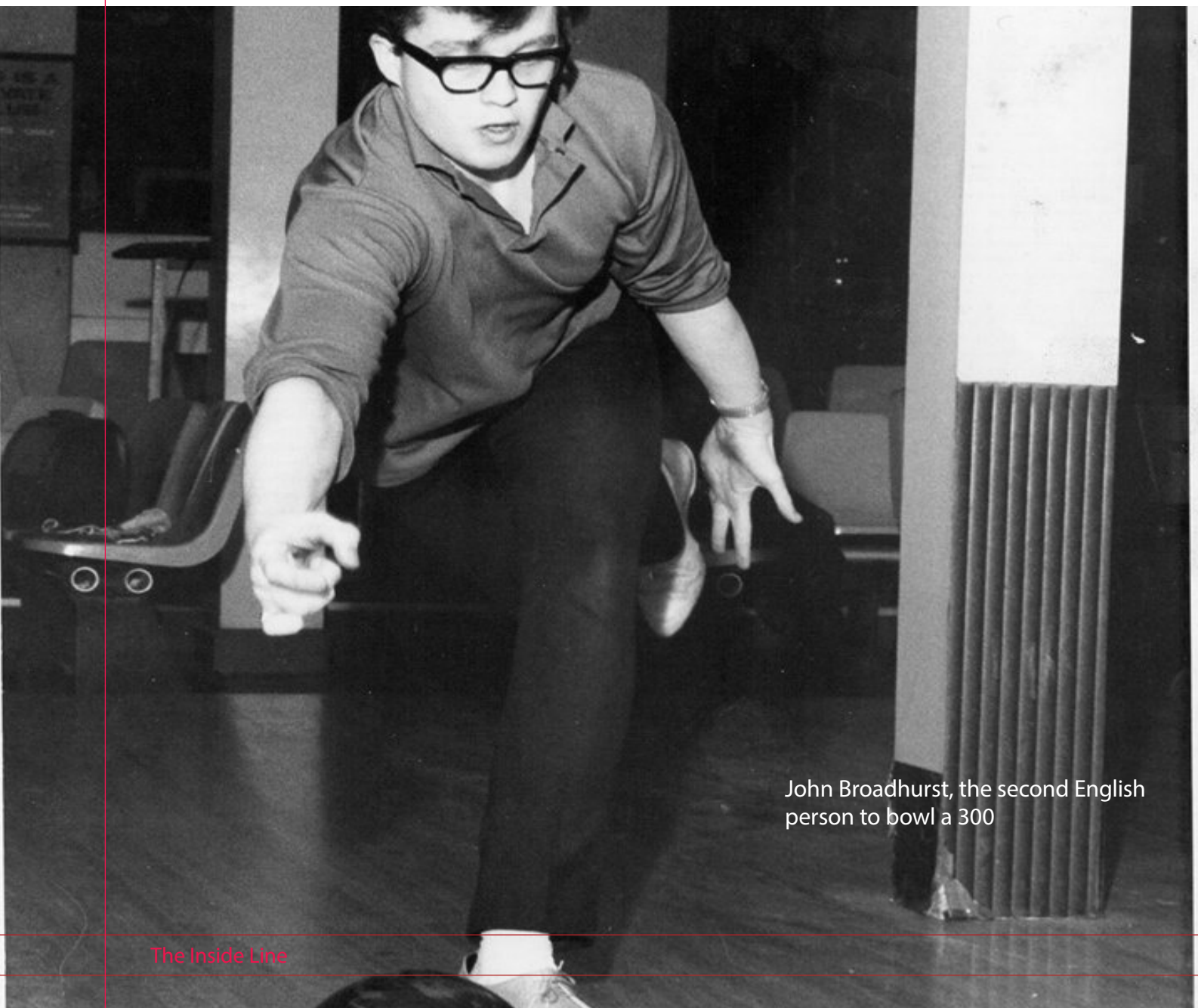
Tournament Director - Steve Allen  
Tournament Manager - Paul Rumkee

Technical Director - Terry Searle  
Hotel and Banquet liaison - Rita Thompson  
Scorers - Neil Warland and Jimmy Burrows

Team Manager - Neville Nick  
Head coach - Richard Lambkin  
Under19 Coaches - Graham Ellis and Curtis Hooper  
Under 16 Coaches - Stuart Watson and Peter Horn

# Not a Forgotten Man

On Valentine's Day, we marked the 50 years since the second perfect game rolled by an English bowler. Talk Tenpin's **Dominic Gall** spoke to John Broadhurst about this fantastic achievement...



John Broadhurst, the second English person to bowl a 300

**J**ohn Broadbent was the second man in the UK to roll a 300 game. Who remembers second?

Well, John for one, and all those players that finish runner up in tournaments or with silver medals.

Albert Kirkham was the first at the Top Rank Bowl in Chester on the 5th of December 1965. A regular league bowler at the ABC Cine Bowl in Hanley, Albert's local centre at Hanley, Stoke on Trent, was later the site of the first 300 to be bowled in a ABC bowl. This was rolled by John Broadhurst in February 1967, some 14 months after Albert's.

Hanley holds the unique distinction of being the first centre to have a 'Perfect Pair' bowling in their leagues.

Albert sadly passed on the 11th April 1987 aged just 55 so we were unable to interview him but John is very much alive and still bowling. To celebrate 50 years since the second perfect game by an English bowler, we had the pleasure of speaking with John Broadhurst.

**In February 1966 you became the second bowler in the United Kingdom to bowl a perfect game, Let's start with exactly what happened that night.**

The date was February 14th 1966 and I was bowling in the Thursday doubles league with Sid Miles as 'Two of a Kind' on lanes 11 and 12 which were just outside the bar at the ABC Cine Bowl in Hanley. This was of course the days of manual scoring with over head display. After two games of 225 and 186, Sid titled the third game 'The Big One' and put a strike in my first frame. He then went on to fill in every strike just before I bowled it. After eight strikes bowlers around us stopped to see what was going to happen, except lane 13 who were open bowlers and had no idea of the significance of what I was doing. On the ninth, the bar emptied and after that I don't remember much until it was over. The main comments from the rest of the league after the congratulations was how quiet I had gone after eight in a row as normally I was a noisy celebrator of any strike. I feel that lane 13 carrying on helped me concentrate as my game finished on lane 12.

Sid titled the third game 'The Big One'

**What happened next, did you become a little bit of a celebrity when bowling?**

I carried on bowling at Hanley in three leagues and also joined, with Albert, the Wednesday five man league at the Belle Vue Bowl, Manchester for 'The Veterans'. The Sunday after my presentation on the Saturday night Albert, Ken Plant and I were booked in a tournament in Hounslow. So straight after the presentation I drove to London, had three games in the Piccadilly Bowl and went on to Hounslow where we got some attention but didn't fare very well. Along with Ken Plant I entered the November Doubles at the Wembley Bowl where I did attract some attention as one of the managers from the Magnet Bowl in Longton, Stoke-on-Trent was there and recognised me. We left as overnight leaders but ended up in seventh place.

**How long had you been bowling before the big game? When and where did you first bowl?**

My first experience of bowling was at the Cine Bowl shortly after it opened in 1963. Myself and some mates from college went one afternoon. I was hooked straight away. I joined the Sunday morning league shortly after and then onto three leagues a week.

**Where did your bowling career go on to and what were your highlights?**

There was an ABC Television program in the sixties 'Make That Spare' broadcast live on a Sunday afternoon. It started and ended at Hanley and I was the last bowler on the last show. In 1966 at the BTBA North West Championships Ken Plant and I were doubles winners. Ken also was placed in singles and all events.

I stopped bowling in September 1968 and restarted in the 1990s when the bowl opened at the Festival Park site in Hanley. Unfortunately Albert had died but most of the ABC crowd formed the basis of the new leagues. I embraced the new developments in bowling balls and went from one to six quite quickly. It seemed to work, a 180 average bowling five or six times a week in the sixties was maintained bowling once a week. It was around this time I started entering singles tournaments. I had always wanted to go to the British Open at Nottingham so I entered to make sure I did. The experience of playing along

side the best in the world was amazing.

The Pride of Pendle was a tournament at Burnley, I won one of the monthly rounds and went back for the King Of the Hill and finished sixteenth behind the likes of Ron Oldfield and Nev Robinson.

At the age of fifty I entered the senior open and after a shaky start, in the last two games rolled 267 and 226 for a 203 average over eight games. The 267 being 9 in a row 9 miss. The second round was a disaster.

**What was your first ball and did you own many bowling balls in days when only one was needed?**

I got my own ball in 1963, a conventional grip Manhattan Rubber in red and black. After a few months I wanted to go 'finger tip'. Prior to pro shops the managers of the bowl measured you and sent off the details some where and you got back a ball that hopefully fitted.

They would not measure me for a finger tip, they didn't know how and they said I wasn't ready for one. They sent me to ABC Litherland, Liverpool where I was greeted by the manager with 'You're the bloke I'm not supposed to measure for a finger tip', he had been got at by the managers at Hanley. Having bowled with his ball he agreed to measure me and order a new black and red Manhattan Rubber ball.

This was my only ball until I had a Three Dot Classic as part of my prize for the 300.

**You bowled in the early days, which bowlers did you consider the best at that time?**

The ABC Hanley was a Mecca for tournaments and attracted some of the best bowlers in the country. I remember the Brunswick Jets with Dave Pond, Sherborne Rubber Rollers with Maurice Dupoy and Bill Helsall a US service man and the High Flyers. My particular hero at the time was Terry Sullivan, I saw him most Wednesdays at Belle Vue.

**From your era which players do you think should be considered for Hall of Fame recognition?**

Terry Sullivan and it must be Dave Pond.

Looking at the sport today from someone who lived through TRUE bowling, Have things gone wrong or do you think it is progression?

The influx of technology into bowling balls has widened the pocket and made high scores more common. I think it has had a detrimental effect on the views of Olympic Officials who see bowling as being deskilled.

What would have happened if a young man had bowled with two hands in 1966?

I suppose it would have been looked on as odd but there was so many styles that were all new it would have been 'if it works lets try it'.

What would life have been like for you without bowling?

I have had a break of over twenty years and to be honest didn't miss it. It did give me my fifteen minutes of fame that I dined on for years but don't think life would have been much different. My bank balance would have been healthier if I hadn't spent it on bowling kit.



## David Coote Achieves Perfection

Bob Wren, BTBA Coach & YBC Treasurer

My team mate and League Secretary of the Kursaal, Southend "Tuesday Thames Trios", David Coote, has, after 30yrs of bowling, achieved his ambition on Tuesday the 8th March 2016 with a 300 in the first game of the match, using a Storm Thunder Struck. He could not focus after that and finished with a 667 series. This 43yr old turned up tired, but relaxed, having finished a 5k charity run earlier that day.

On investigation with previous Secretar-

ies, the league has been running, in this centre and previous location, for at least 46 years (almost as long as I have been bowling) and whilst having other league members with a sanctioned 298 and 299 over the years, no one can recall a perfect game in the league during that time. This is now the only evening sanctioned league in the centre.

Well done David, let's not wait too long for for number two!

## Poole YBC Bowlers Raise Money for Autism Wessex

Jess Hill

Brandon Dunford age 14 from Poole YBC recently completed a charity bowling lathon at Poole Bowlplex for Autism Wessex as he is Autistic himself, raising £165 with money still coming in. Jack Sanders, Rob Trott and Declan Keeley also from Poole YBC took part in the event.

Well done to all!

# Bowling Through the Eyes of a Non-bowler

Northern Ireland's [Lauren Dugan](#) recently shared this article in *The Turkey Times* - the official newsletter of the NITBF. She has given permission to reproduce this in *The Inside Line*.

At this year's Irish Open one of my friends who doesn't bowl came to meet up with me, after a few hours of a catch up in Starbucks we ventured over to the bowling centre to see how the NI bowlers were getting on. This was my friend's first experience of a bowling event.

I have to say that I would encourage everyone to watch a bowling event with a non-bowler, it gives you a perspective on our sport that we are often too blind to see. Sitting with my friend and the comments/ questions she was asking got me thinking of how we could improve our sport, to maybe one day enable it to gain the Olympic status that it deserves.

1. 'You all look miserable' – I was surprised when my friend said this, but then when I watched bowlers' reactions more closely I actually realised she was right. Ok we don't need to show emotion after every strike/ spare pick up etc. but surely a little bit of emotion after a high game, series, split pick up would make our sport more appealing and not make us all appear to be miserable sods? Imagine if a footballer was glum after scoring a goal – would as many people watch?

2. 'Whose winning' – to a member of the public who isn't familiar with

what websites to look up to see whose winning etc. we need to make it easier in the bowling centres for the public to come in and instantly realise whose in the lead. It was great having the live stream being shown in the bowl but maybe some of the screens should also show live scoring or even have a leader board on display. At every other sporting event it's easy to spot straight away whose winning.

3. 'This format is too confusing' – trying to explain the format of the event was like trying to explain a complex mathematical problem. Maybe a visual in the bowling centre of how the event works and what stage it is at might help the non-bowler and encourage them to stay and watch

4. 'Who do I support' – for a non-bowler it is difficult for them to walk into the bowl or even to follow bowling socially and know who to support. Events like the Irish Open and World Championships make it even more difficult for the non-bowler to follow someone with the sheer number of bowlers competing in that event. Maybe bowling should take a leaf out of football's book and have qualifying groups? Or maybe we need to get more like golf and share more than just bowling for people to connect with bowlers – the one PBA event which was



run like this was one of the best I thought.

They're my thoughts for now but I really would encourage all bowling associations, federations, and bowlers to spend time at an event with a non-bowler, it really is an eye opener and you never know one of them might hold the secret of how we can get bowling into the Olympics.

What are your thoughts? Please contact Lauren at [lauren\\_dugan@hotmail.com](mailto:lauren_dugan@hotmail.com).



## Medway Premier Doubles

by Jerry Moll

When the brand new 24 lane Hollywood Bowl opened at Rochester, Kent in 2013, I was its first customer and have enjoyed having a few games there most weeks since. It's an excellent centre in a convenient location at the Medway Valley Leisure Park situated alongside the River Medway, just off the M2. After various discussions during last year, the management agreed a proposal from Helen Tamblyn, Dave Whiffen and John Reynolds to start up a small league on Wednesday evenings to test the waters and it was duly advertised on social media. There was an overwhelming response from bowlers across a wide region and we now have 53 registered to participate! We were fortunate to attract a grant from BTBA on the proviso that the league would sanction and indeed it did, resulting in 20 new BTBA members.

On 16th September The Medway Premier League kicked off with 15 doubles teams with a wide range of experience ranging from many of the area's top bowlers to some who have never previously bowled league. Being a handicap league, it has ensured that every team has a chance to win and, indeed this has proved the case with ever-changing teams at the

top! Before the Christmas break, the leading team was Lane Drifters (Justin Shaw, Gordon Smith, Jerry Moll) but they have now slipped to 7th! Leading after week 19 of 28 are Scared Splitless (Sam & Edd Briant) with CMC (Glen Richardson, Ryan Masterson, Adam Stallard) in hot pursuit and the pack snapping at their heels! But it's so close, a couple of wins or losses sends teams rapidly shooting up or down!

Leading the averages is Sean Purcell on 207, Stu Turpin 206, Glen Richardson 204, Cliff Dew 201 and Dave Whiffen on 199. For the ladies, Hannah Bratton-Smith leads on 186, followed by Jules Thomason 183, Helen Tamblyn 182 and Abi Cummins 174. There have been some excellent achievements. Individual scratch high series so far, Glen Richardson 747, Dave Whiffen 718, Adam Green 717 and a 652 from Jules Thomason. High scratch games are John Reynolds 290, Glen Richardson 289 and Helen Tamblyn and Jules Tomason both with a 246.

The league average on week 20 was a season's high of 189 so maybe these scores will be exceeded before season's end!

# Don Strettle Memorial Tournament

Dave Malpas reports...

Many of you will know John Strettle – Team England Senior vegan.

His Dad, Don, who died in 1997 aged 71, was a keen bowler who bowled with his wife Jean (1927-2014) and introduced a young John to bowling in the seventies.

In 1967, Don set the first league high game at Excel Bowl Newcastle (now MFA Newcastle) with a 277.

John has been trying to get a Memorial Tournament going for a few years now and finally succeeded in March this year when the Inaugural Don Strettle Memorial Handicap Singles Tournament was held (incorporating the Northumberland County Trials).

Trophies and additional prizes were kindly donated by Strettle of Newcastle Ltd., Monumental Sculptors and Funeral Directors. One of the sponsor's prizes was £277 for anyone who could match Don's 277 from 1967- more of that later.

We set a high handicap system (80% of 220) to try to encourage lower average bowlers to enter their first tournament and this worked exactly as we'd hoped with Rachel Wilson (120 average, first year in a league, first ever tournament) in first place after the first squad (1403 over six games, with an amazing 154 scratch average).

Rachel held on to second place after the second squad, with Ian Hays in first (1411) and Bryan Walker – another relatively new bowler in his first tournament qualifying for the final in 5th place. There were the usual familiar names in the final including Ryan Wilson, Paul Ryder and Jimmy Atkinson (who has bowled with his "other" hand (his left) all season due to a shoulder injury), but not, despite a 255 in game 5, Ricky Froldi.

Ryan Wilson won the thing by miles (95 points) but there was a cracking battle for the remaining places. Rachel

held on to 2nd place and Ray Shreeve, bowling consistently above his average (and coming 2nd in the Senior Trials) took third. (Full results available at [www.bowlnorthumberland.co.uk](http://www.bowlnorthumberland.co.uk))

The most exciting part of the story though, was in the last game of the final. Ryan started with 8 strikes and then started to work out the best way to get a 277 and take the wad offered by the sponsors. We concluded that 10 strikes miss 7 was the best way to do it as leaving a 7 before the 12th ball would include the additional variable of having to pick up the spare.

Ryan got his 10 strikes and chucked away his chance of a 7th perfect game by putting his 11th ball in the gutter.

One ball for £277.

With the sponsors and the finalists all watching and the rest of the bowl wondering what was going on, left handed Ryan aimed for the 2-4 pocket hoping to leave a 1-3-6.

The ball hit slightly high on the 2 pin and although the 10 pin was slow to fall, the 1-3-6 was still there until the 6 pin, flicked by the 5, fell slowly forwards. 278 and the £277 was gone.

Ryan did win £28 for the high handicap game though!

Strettle Memorials and later Strettle of Newcastle Funeral Management Services are celebrating their 70th anniversary this year as well as commemorating Don's achievement of 1967.

The family felt sure Don would have been very proud to have been remembered for his connection with the bowl by this memorial tournament. This 277 game was the Newcastle centre's first league high game (bowled on Lanes 1 and 2 in the Northumbria league (which is

still going to this day). Just a few weeks later Julio Gallone of the Venetian Ice Cream company in Whitley Bay bowled a 280 on lanes 9 and 10, in open play high game.

The actual ball rolled by left handed Don, who was right handed for everything except bowling, was on display in the bowl for this memorial tournament. Don, who died in 1997 aged 71, also bowled with his late wife Jean (1927-2014) and son John, being the only Strettle family member to continue the bowling tradition, in the mixed doubles league back in the sixties and seventies in their team named 'Just Us'.

Although these scores at the time were exceptional considering the old rubber bowling balls and lane conditions, John's dad's game has been beaten many times - most recently, ironically, by Ryan - by one poxy pin!. There have been about a dozen 300 games bowled at the Centre in the last five decades since Don Strettle's high score including two in one memorable Singles League night (one of them against me) by Ryan Wilson and Ricky Frolidi.



Ryan Wilson flanked by Don Strettle's sons John and Gregg Strettle, the director of Strettle of Newcastle Ltd., monumental sculptors of Shiremoor, handing over the winner's cheque to Ryan.

## Featured Bowler - William Herbert

We are pleased to introduce our new "Featured Bowler" section, profiling a different player each issue. Please contact [helentamblyn@btba.org.uk](mailto:helentamblyn@btba.org.uk) if you wish to take part, or nominate a bowler.

Name: William Herbert  
 Age: 11  
 YBC: Tunbridge Wells  
 Years bowling: 2.5 years  
 High game: 159  
 High series: 414  
 Weight ball: 10lb

### Favourite bowler and why?

Chris Barnes. When I first met him he was really nice and gave me advice to keep going and never give up.

### Proudest moment?

Winning two trophies at the South of England Youth Open earlier this year

### What piece of advice would you offer to anyone starting to bowl?

Bowl one frame at a time, never give up and always have fun!



# Warm Up Stretches for Bowlers

Lucy Arnold is a fitness blogger at [Lucy Locket Loves](#) who is currently training to be a Qualified EIF Master Personal Trainer & Exercise Specialist. She has shared the following exercises to use to warm up.



Do you warm up before you bowl? Did you know that by stretching before and after you bowl could not only help your performance but improve your agility and health?

Flexibility training and stretching increase the the body's range of motion. With flexibility, a person's athletic performance is enhanced, with the risk of acquiring injuries greatly reduced. Stretching also speeds up metabolism. These benefits are achieved by improving blood flow into the different internal organs and muscles. Flexibility training helps lengthen the muscle fibers, facilitate ease of movement, while improving muscle recovery and strength. Flexibility training may also reduce muscle soreness, lower back pain, improve coordination and posture, and ease stress and anxiety in one's life. In addition to these health benefits, various medical studies suggest that regular stretching enables the body's internal organs to function properly because of improved blood flow.

Before stretching, individuals should remember to perform warm-up exercises. These exercises may loosen up the muscle, improve blood flow, and prepare them for the activity they are about to take part in.

Try to hold stretches for at least 15-30 seconds to achieve long term flexibility benefits.

Perform flexibility and cool down exercises before and after your activity to get the muscles ready for action and then return the muscles to

their resting stage.

Stretch gradually. Stretch only to the point where mild muscle tension is felt. If there is pain, then you might be doing it wrong. Move into each pose gradually and exhale while doing it.

Here are some stretches to try:

**Chest** - Stand with your feet slightly apart, and slightly bend your knees, grasp your hands behind your back & lift your arms together as far as is comfortable - Try Holding for 10-15 Seconds and repeat a few times.

**Back** - Lie flat on your back on a flat surface, grab your legs behind your knees and gently pull your knees upwards towards your chest. Hold for 10-15 Seconds and repeat a few times.

**Shoulders** - Stand still with your arms by your sides, lift one of your arms to shoulder height and bring it across the front part of your body. Then bend your elbow about ninety degrees, and grab the elbow with your free hand. Feel the stretch for 10-15 seconds and repeat a few times.

**Arms**- Place your feet at shoulder's width apart. Bend your knees a little, then bend forward slightly from the waist, extend your left arm to the front of you and your right arm to the rear make sure they are both parallel with the floor. Hold both arms at shoulder height for 10-15 seconds and then repeat a few times before switching arms and repeating.

## Amy Hunt

[purelyamy.co.uk](http://purelyamy.co.uk)



Amy is a food and fitness blogger, specialising in healthy recipes. As bowlers, it's only too easy to grab an unhealthy snack or eat a quick lunch between games at tournaments. Amy has kindly shared her easy to make recipe for paleo chocolate brownies.

Not only are these easy to make, they're also really healthy. Made from banana, known for slow releasing energy and

eggs, a great protein source, these delicious brownies are the perfect energy boost for a long day on the lanes. Plus, their decadent chocolate flavour is sure to make you a real hit with your team mates!

We'd love to hear your healthy food and drink options for bowling - drop a line to [helentamblyn@btba.org.uk](mailto:helentamblyn@btba.org.uk) with your suggestions!

## Paleo Chocolate Brownies

### Ingredients (makes 6):

2 large bananas, ripe  
 1 large carrot, peeled, grated, steamed.  
 1tsp of vanilla essence  
 2 tbsp honey (or your choice of sweet ingredient)  
 4 tbsp cocoa powder  
 1 tsp baking powder  
 2 eggs



### Method:

- 1) Pop your grated carrot in a small microwavable dish with 2 tablespoons of water, cover and microwave for 3 minutes. Leave to stand for 3 minutes.
- 2) Meanwhile, heat your oven to 220 (GM 7).
- 3) In a large bowl, combine bananas, vanilla, honey, baking powder and cocoa powder. Mix until combined. Cool and drain your carrots, place in a cheese cloth or similar fabric. Squeeze all extra water out, this may take two or three processes.
- 4) With your carrot steamed and cooled, separate them as finely as possible (they sometimes bunch together), use a hand blender for this. Then add the egg yolks. Add the whites last to stop the mixture from overworking.
- 5) Pour the batter in a 9" baking tray, lined with cocoa powder. Bake for 20 minutes or until a fork or skewer comes out clean after poking the mixture. The brownies should seem firm to the touch. Leave to cool and tip out.