

## Norfolk Bowling Club Newsletter

### *Shining a spotlight on ....*

#### Jack Norton



***Tell us a little about yourself – your background, are you from Norfolk? Your occupation past or present. Your family? Do you have other hobbies and interests outside bowls?***

Born and bred in Norwich. Worked 35 years at Norwich Union (never AVIVA). Lucky enough to retire in 2005 at 50 (apologies to non-financial sector workers!). Between Ann and I, we have 4 kids and 9 grandkids. Very expensive! I'm an ex-footballer, ex- snooker player, ex-darts player, I love to fish when I get the time, and still play golf three times a week. My number one pastime is golf!!

***When did you first begin playing bowls?***

Mid 2020 after the first lockdown. Then got locked down again.

***What attracted you to the sport of bowls?***

Ann and I wanted to do a sport together when she retired at the end February 2020 (just as Covid locked us in). As we had never bowled seriously, we decided to learn the game together and join a club.

***How long have you been a member at NBC?***

We joined in September 2022, having had one winter at Roundwood. Our fellow Patteson Bowls Club members invited us along to NBC.

***What do you enjoy about bowling?***

Number one is being outdoors ... I love the outdoors but since bowling regularly indoors I love the continuity during the year. Second is the inclusivity. Men, Ladies, young, old, fit or not, it doesn't matter .... Anyone can compete – you only need one good wood in any head to win the end.

***Which leagues and competitions have you played in? What are your highest achievements***

Outdoor with The Patteson Club, we play in the Norfolk Age Concern league. Only 2 Triples play in an afternoon league under Federation Rules.

However, outdoors in 2023 we played in our first all day tournament, "The Mrs Clifford King Tournament" held at Horsford Bowling Club, and won! We held that trophy for 3 years.... 2024 too wet 2025 too hot .... Gave it back in 2026

And must not forget Ann and I winning our first pairs Trophy last year. (See photos below)



Jack & Ann pictured with team mate,  
Martin Rolfe, celebrating their victory at  
The Mrs Clifford King Tournament



Jack & Ann enjoying winning the Pairs Competition at Patteson Bowling Club

Indoors I play in the evening Aussie Pairs League and I am unbeaten representing NBC. (I played one game for the A Team - thanks Wayne)

***What motivated you to become a coach? How long have you been coaching for? What do you enjoy about this role?***

At the Patteson Club, we had no trained coaches and new players were passed all the bad habits of existing players. So, I asked Trevor Goddard what is required to be a qualified coach. He jumped up from his seat, grabbed me by the collar and said "I'll teach you, what are you doing this afternoon?" After a few months of training, I was giving my first practical coaching session to two new players which was my final test to qualify and passed. The rest is history.

***What are your happiest memories/proudest moments from bowling?***

Coaching. Seeing the first two guys I coached playing and competing in club matches and drives is so rewarding. And seeing dozens of my "pupils" playing indoors and outside is brilliant.

***Tell us about an amusing incident at NBC***

I was asked by a French lady to teach her bowls. She was in her 50's and had never played any sport before, nothing. So, I went through the routine for absolute beginners and then it came to her casting the jack. I thought I had explained everything as per my coaching manual... and she cast the jack .... underarm.... no bending.... And by the third bounce it was rolling .... a few bowlers on the other rinks nearly had a heart attack!

"No such thing as a bad pupil, just bad teachers...."

It turns out the only sport she recalled was watching her father play pétanque (French boules) ... that explained everything ...

I have learned to explain in a little more detail to absolute beginners!

***What tips would you give to players who are just starting out on their bowling journey?***

Don't give up. Bowls can be taught in 5 minutes but takes years to master. Enjoy the journey, enjoy the camaraderie and make new friends .... I have.

**Many thanks to Jack for sharing his memories and thoughts.**