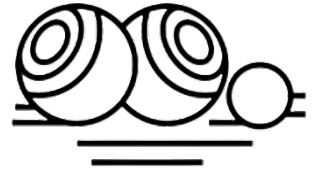




# ***The Roll Up .....***

## ***August 2025***



**Welcome to the latest edition of the Norfolk BC newsletter.**

### **Club News**

July saw the sudden passing of Carol Bardwell and Stevie Wells, both members were well known in the club and both will be sadly missed. Our thoughts are with their families at this difficult time.

As we enter the last full month of our outdoor season attention turns to the National Championships to be played at Leamington. Once again, the club has strong representation across all the events, and we wish our members the very best of luck. Competition updates will be available on the Bowls England website, and we will aim to share highlights and any planned live match coverage via Facebook.

On the county scene we have achieved some excellent results, and these are covered later in the newsletter.

Work continues on the upcoming indoor season, which will officially open on 8<sup>th</sup> September, with domestic leagues starting during w/c 15th September.

**Membership renewals .....** all membership renewals have now been sent via email or post, and if you have not received it please check spam folders and then contact the club so we can investigate.

**Indoor League fixtures .....** team captains will be sent fixtures mid-August.

**Coaching team .....** David Willoughby has passed his Level 1 coaching assessment and is looking forward to complementing our small but perfectly formed team!

This month's newsletter again includes some items where we are looking specifically for your feedback and support **to help with the running of the club and to provide members with the things they want, we need your input.**

To make sure you stay up to date with all the club news and activities make sure to check the club website

[www.norfolkbc.org.uk](http://www.norfolkbc.org.uk)

or join our Facebook page

<https://www.facebook.com/norfolkbowlingclubnorwich>



# 200 CLUB

### **August 2025 Winners**

£50	Cherry Bishop
£20	Mike Hipperson
£10	Adrian Field

*If you wish to join the 200 Club, please contact the club or look out for details in the membership renewal pack.*

## Outdoor County News

In the Men's County League our A team secured the Premier title with a game in hand after a top of the table tussle against Downham Market determined the league outcome. Our C team secured the East 2 division and gain promotion to the East 1 division for 2026.

The end of July saw the culmination of the county championships for both the Ladies and Men. Once again, the club had strong representation across the various individual events and managed to secure several county titles.

Ladies 4 Bowl Singles – Winner : Katherine Rednall / Runner Up : Bex Willgress – score 21-12

Ladies Pairs – Winners : Jackie Devitt & Suzanne King – score 20-4

Ladies Triples – Winner : Louise Knights, Nicola Segolo & Sophie Blanche – score 23-9

Ladies 2 Bowl Singles – Winner : Jackie Devitt / Runner Up : Bex Willgress

Ladies Senior Fours – Runners Up : Brenda Whitehead, Joyce Webster, Jackie Devitt & Suzanne King

Junior Singles & Pairs – Winner : Ellie Johnson, partnered in the pairs by Nicole Moseley (Hempton)



Men's 4 Bowl Singles – Winner : Tom Cooper / Runner Up : Wayne Willgress – score 21-20

Men's Pairs – Winners : Karl Brooks & Matty Carter – score 21-8

Men's Triples – Winners: John Tufts, Richard Summers & Wayne Willgress – score 20-5

Men's Fours – Runners Up : John Tufts, Richard Summers, Ian Catchpole & Wayne Willgress – 15-17

Men's 2 Bowl Singles – Winner : Ian Catchpole – score 16-10



All the finalists qualify for the national finals at Leamington to be played between 13<sup>th</sup> – 31<sup>st</sup> August.

## Dates for your diary (please see noticeboard for more details)

<b>August</b>	
Sat 9 <sup>th</sup>	Social – Bingo & Race Night
Mon 18 <sup>th</sup>	Indoor league fixtures issued to team captains
Mon 18 <sup>th</sup>	Friendly vs Colchester North Countryman's club (HOME) @ 2pm

<b>September</b>	
Mon 1 <sup>st</sup>	Renewals due for payment by this date
Sat 6 <sup>th</sup>	Outdoor green closes
Mon 8 <sup>th</sup>	Indoor season commences <b>(no bar 8/9 to 14/9)</b>
Mon 15 <sup>th</sup>	Indoor domestic league programme starts
Sat 27 <sup>th</sup>	Openday 10am to 4pm

Posters, for you to add your names, will be displayed in the outdoor clubhouse or speak to Phil Richards (Club Captain) 07968 276326. Please do your best to support these events.



During July, the EIBA and Ambassador Cruise Lines, who predominantly sail from Tilbury, announced a 3 year sponsorship arrangement. As part of this deal there will be benefits for individual members and the club linked to cruise bookings.

The finer details are still being agreed, and we understand from the EIBA that they expect roadshows and further information to be shared during September.

For those members who have cruised in the past this may come as welcome news following the termination of the previous EIBA discount arrangement with Fred Olsen

### Club Handbook

We are considering producing a club handbook for members which would have items such as fixtures, club & league rules & officers.

We cannot include members contact details, but this is available via Bowlr where a member has agreed.

Please let us know if you would be interested in such a booklet and if there is anything else you would like to see included.

email: [newsletter@norfolkbc.org.uk](mailto:newsletter@norfolkbc.org.uk).

or speak to Carole Slaughter, Helen Jamieson, Trevor Goddard



### Message to all outdoor bowlers from Doug Riches

I would like to know how many members are not really satisfied with the number of outdoors games they have had this year outdoors, with the view of putting a team in Wensum League for which we would need to field 9 players.

Please let me know your thoughts directly or via [contactus@norfolkbc.org.uk](mailto:contactus@norfolkbc.org.uk)



## Indoor News

**League Stewards** – to help with the running of the indoor leagues we need some volunteers to act as league stewards for the evening leagues.

This would involve updating Bowlr with match results, moving games when requested and checking registered players and any unplayed games.

Please contact Chris Taylor via [contactus@norfolkbc.org.uk](mailto:contactus@norfolkbc.org.uk) if you are interested.



**County Leagues** – the club has entered a number of teams in both the ladies and men's county leagues. If you are interested in playing in these matches please speak to one of the captains

Ladies – Jackie Devitt & Rachel Stevenson

Men – Wayne Willgress, Phil Richards, Marty Ellis & Trevor Goddard

**Club Kit** – we are looking into getting some more of the club Lion kit hoodies and 1/4 zip tops. If people could leave their details on sizing with the bar we can then put together an order.

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## Coaches Corner – Trevor Goddard

Our coaching team of Trevor, Jack and David are always available for new or experienced players who may need to brush up on their game.

## Hydration

Being hydrated helps the body to cool down effectively (particularly in the weather conditions we have all been experiencing lately!) It also lubricates joints, supports brain function, and aids the transport of oxygen and nutrients to the working muscles, all of which are impaired in a dehydrated state.

Water should almost always be your preferred drink. Alcohol is not helpful to achieving a balanced, hydrated state because it has a dehydrating effect. Modern day isotonic drinks are particularly popular, adding essential minerals and electrolytes that give the body a boost when it is flagging.

## Nutrition

Whatever your level of play or ability, depletion of energy levels can have a negative impact on overall performance. Current coaching methods encompass an awareness of healthy nutritional options that help keep energy dips at bay and, in the case of diabetics, ones that do not spike sugar levels.

I understand that by many, bowls is not seen as a sport that requires the same levels of fitness as some of the more dynamic sports such as football, athletics etc. But it is exercise that requires a player to last for a two-hour match, rather than flag after an hour and a half and lose concentration and performance in the last half hour. Having something that can give you a boost and help maintain performance levels must be a help. Slow release (low GI index) foods such as a banana, muesli bar, unsalted nuts, or even chocolate, can work. Note: If you are a diabetic, it's important that you understand what choice/choices work for you.



## New members

Welcome to our new members, Kathleen & Jason Ding, Neil Turner & Paul Crisp.