

SLBC NEWS



24 July 2024

This weekly update is sent to members of the St Lucia Bowling Club. To contribute Club news or general bowls items of interest to Club members, please email them to the Editor, Pamela Miller – pamela.miller1@bigpond.com

CLUB BOWLING NEWS

Patron's Mixed Triples

The team of Vaughan Thomas, Red O'Hara and Tony Burton (S) defeated Yo Dodson, Paul Pollock and Mark Benson (S) by 25-8. Vaughan and Red set up the early heads well but Mark managed to knock short bowls up to lead 3-0 after three ends. Tony's team then scored a five and were never headed. After 15 ends, Tony's team led 15-8. They won a few important ends towards the end to finish 25-8. All players contributed to an interesting game played in Antarctic conditions. Paul created a lot of fun and interest by bowling both left and right-handed at different stages.

The team of Anne Kuhnemann, Clive Hamlin and Dicky Ng (S) defeated Peter Morrill, Ian Thomas and Bruce Holwell (S) 29-12. It was closely fought for most of the match with Dicky's team pulling away in the last few ends. Anne Kuhnemann was the star of the game, bowling consistently well. On several occasions, she had all three bowls close to the jack.

- Tony Burton and Clive Hamlin

Saturday Open Pennant Competitions

Division 2 against Ferny Grove

Any win against Ferny Grove is a great win! The Division 2 team won 2 rinks to 1 and solidly on the overall scoreboard. The team of Ken Harvey, Fulvio Toniotti, Darcy Barry and Pam Salway were always in front in their game and had a convincing win. Col Bertwistle, Peter Fairchild, Tony Burton and Stephen O'Shanassy had a cracking start and were ahead 16-1 before easing back slightly also scoring a solid win. Rachel Chiang, Dicky Ng, Pam Richardson and Craig Francis had a tight game all day but couldn't quite bring home a win. It's been a great start to the season. Off to Hamilton for our next match!

- Stephen O'Shanassy, Team Manager

Division 4 against Banyo

Mark Benson was the hero in the two-shot win over Banyo. Coming to the last end of the day, we were one shot behind overall. Mark's team (Clive Hamlin, Tim Salway, Bruce Holwell) was holding one shot and a measure for two with the skips having two bowls to play. Banyo's skip had two drives and missed both. With the last bowl of the match, Mark moved Banyo's closet bowl out of the head to make it three shots for SLBC. Mark's team won by five.

Lois' team (Terry Martin, Brian Vandersee, Doug Buchbach) went down by four after having an eight-shot lead at the halfway point. Peter's team won by one after dropping five shots in the last two ends. Luck prevailed earlier in the fifth end with Peter's team (Vaughan Thomas, Julie Hawley, Ian Thomas) looking to be 0-10 down. Peter moved the jack back to our bowls to score four and a nine-shot turnaround. SLBC is second on the ladder, taking seven of the eight points on offer.

- Tim Salway, Team Manager

Division 6 against Red Hill

In windy and gusty conditions, Division 6 had a win! SLBC has now had two wins from three matches.

The team of John Stack, Peter Morrill, Rijn Camphorst and Max Grey (S) made a good start in their game against Red Hill but unfortunately fell to a team that improved as the game progressed. SLBC went down 16-23.

Now for the good news. The SLBC team of Joanne Annan, Antony Flint, Josie Caltabiano and Lloyd Edwards (S) all played very well to bring home an impressive win 29-17.

Overall SLBC scored a 45-40 win over Red Hill BC, thus winning six points to one.

- John Stack, Team Manager

Midweek Open Pennant Competitions

Division 3 against Samford

Stephen O'Shanassy's team with Tony Burton, Dicky Ng and Pam Salway trailed in the first half but fought back hard to just fall short with a score of 19-20.

Pam Richardson's team with Darcy Barry, Peter Fairchild and Rachel Chiang started strongly but Samford just kept coming, winning on both short and long ends. Their final score was 14-19.

SLBC remains at the top of the ladder by percentage. With one game remaining for the season, we look set for finals.

- Peter Fairchild, Team Manager

Division 4 against Northern Suburbs

On a cold and windy morning, we tried to master the Northern Suburbs team on their 17-second carpet green last Wednesday. Thanks to Lois Bradley's team of John Stack, Julie Hawley and Fulvio Toniotti combining well to win by 13, we had an overall win by eight shots. After 16 ends, they led by 17 shots and protected that lead in the run home.

Peter Jordan's team of Margaret Miller, Linda Bird and Judy Beal struggled with the conditions and a Northern Suburbs lead who was playing well. Down 8-16 after 11 ends, the pressure was on. We won the next six ends to get within one shot. We avoided dropping big numbers in the last few ends to eventually go down by five. It was a meritorious effort against Northern Phoenix on their home green.

- Peter Jordan, Team Manager

Women's Consistency Competition

Josie Caltabiano defeated Narelle Sutton in a tight game. The score was tied after eight ends before Josie began to edge ahead before winning comfortably in 18 ends. Lois Porter moved to the next round due to a forfeit.

- Linda Bird, Women's Section Games Manager

THE ANNUAL WALTER TAYLOR SHIELD

The annual Walter Taylor Shield match against West Toowong is on **Ekka Wednesday 14 August** at West Toowong Club. This event will be a two-bowl triples format with seven teams (total of 21 players) over three sets. There will be a notice on the board soon on which SLBC players who are interested in this contest can put their names.

As the Shield will be played at West Toowong, our Club will be running normal social games through the afternoon. Anyone wishing to play at SLBC can register online or by phone as usual. As always, Thursday players are most welcome.

- Robin Town, Bowls Captain

Walking the Rink

Crossing over to play ends would appear to be an easy stroll. With a little thought, you can make things better for players on adjacent rinks and help spread the wear and tear on our grassed greens.

How? Walk down the middle of your rink! Why? If you spread out wide to the sides, even though you are technically staying on your own rink, you could be forcing players who need to deliver a wide bowl on the next rink to wait while you amble along in their line of delivery.

The bowls on your rink have been delivered from mat to jack, travelling in an arc on either side. They don't go down the centre of the rink so, to even up the wear on the grass, walking down the middle is an obvious action so you won't be treading on the same path which the bowls take. Doing this is a win-win for everyone!

Toolbox Talk - Reducing Bowling Injuries

A study by Monash University confirmed what we all know - lawn bowls is a popular sport and leisure activity. Indeed, they determined that lawn bowls was the fifth most popular sport in Australia behind aerobics, golf, tennis and netball. Most participants (92%) were over 45 years, 61% male and 39% female, the same as at our Club.

Participation is recommended by health professionals because the sport provides low impact, therapeutic exercise in a social and supportive manner. Again, nothing new!

Included in Monash's paper was an analysis of bowling injuries in Victoria. Major causes were falls (59% including trips and slips on the green during play, traversing the ditch and on steps, paths and car park around the clubhouse), 31% sprains and strains from overexertion, 7% from being struck by a bowl and 3% from foreign body in eye.

Injuries included 35% attributed to sprains and strains, fractures 35%, cuts and bruises 23% and unspecified 7%. The most common sites of injury were the ankle and wrist. Approximately, three-quarters of all injuries were sustained by female players.

Starting with falls the most common three issues are:

1. Crossing the ditch from the bank to the green – Players should step sideways to avoid stumbling or slipping into the ditch
2. Delivering the bowl - Players should transfer around 70% of weight to the leading foot to maintain their balance and avoid falling over
3. Placement of bowls – Bowls are required to be 2 metres behind the mat and players should not walk backwards after delivering the bowl to avoid falling over the stationary bowls

Enjoy your bowls and stay safe!

- Vaughan Thomas