

# BOWLING NEWS

South Eastern Bowling Association  
of the B.T.B.A.

Views expressed herein are not necessarily those  
of the Executive Officers of the S.E.B.A.

## ESSEX MEN QUALIFY FOR THE INTER-COUNTY FINALS

The Inter County Finals are soon to be staged at Acocks Green, Birmingham. S.E.B.A. is to be represented by the **Essex Mens Team**. Their successful manager, Terry Saunders, has settled back down to earth after a few orbits around the universe and has penned his account of the events of that day in August at Streatham.

"I can't tell you how I feel, because I'm just overwhelmed by the way the Essex Mens Team bowled for me in the 2nd round at Streatham on Sunday the 22nd August 1982. We went to Streatham lying 2nd to Middlesex after the first round at Southend, that meant we had to win at least five games to get through to the finals. Our 1st game against Kent was a fairly tight game, but we won by 35 pins. Our game against London was even tighter and went to the tenth frame, a fine 225 by Alan Kersey saw us through. I was sweating believe me!! Our third game was against Berkshire, our bogey team, well 72 pins laid that ghost well and truly. Three games gone, six points in the bag and it was "crunch time" — we had to play Middlesex! W-e-l-l we tried, but went down by 161 pins and that was the only game we could afford to lose.

Surrey who were at the foot of the points after the first round, were having a field day and had not lost a game all day and had taken two points from Middlesex. I knew that

they were our main rivals and we had to meet them for our last game. So the battle was on for second place in our zone and a place in the finals. My fingernails were already down to my wrists and I needed a rest, help was at hand, we had our break. The team went away to practice.

Surrey were playing Sussex. I went to watch Surrey take 2 points from Sussex and we were now level. It didn't help my nerves believe me!! We had two games to go, Sussex and Surrey. We beat Sussex to go two points up on Surrey and all we had to do was to win or draw against Surrey. What am I saying!! All we do to do!!

Well in we went, it was nail biting all the way and me already down to my elbows, believe me it was neck and neck all the way, they just would not lay down and admit we had them beaten. The tenth frame was just around the corner and when it arrived three in a row would settle the issue one way or another. Their lead spared, our lead missed, their second player spared,

ours doubled a strike in the ninth, and spared out for us to take the lead. Three bowlers to go both number threes spared; and we had maintained our slight lead. I could hardly bare to look, their number four left a split which he missed, all we had to do was spare!!! How long does it take for a ball to reach the pins?? It's for ever! We closed that frame, the game and a place in the finals looked as good as ours, only the anchor to play — there I go again *only the anchor to play*. Their man had a strike in the 9th and I became religious again, and again my prayers were not answered, he doubled, I could have died! who was going to save us now!! Up stepped our last player and stuck one right in the pocket, wallop, all ten and it was all over, we were through. I almost exploded. Billy Preston had saved the day.

Well there we are at the finals again, all thanks to a great team who gave me 110% they are:  
Billy Preston — Alan Wheal — Alan Kersey — Mark Presley — John Coote — Ralph Hughes — Mick Matthews and Roy Myhill.

Not all well known names, but they played for each other as a team."

My next letter to you, hopefully, will be when we are the champions.

Terry Saunders

# 1982 Inter-County Championships

Inter County 2nd Round at Streatham.

The Kent Ladies were well placed after the 1st round at Southend leading their group with 10 points. Essex Ladies were 3rd with 8 points — The Mens teams — Essex with 8 points were second to Middlesex and Kent were 4th with 6 points.

22.8.82.

The Kent Ladies, having been in the lead after the first round at Southend never came to terms with the lanes at Streatham, winning only one of their 6 matches.

The home team, London, came

through to qualify for finals with Surrey. Middlesex who finished 3rd, qualified as the highest loser from all other Groups. Regretfully, both Kent teams and Essex Ladies must wait for another year.

Representing Kent ladies in this round were: Sheila White — Chris Lodge — Fran Honess — Jackie Playford — Edith Challoner and Denise Taylor.

In the mens competition, Essex qualified for the finals in second place behind Middlesex, having to defeat Surrey in their final game of the day to decide which team would join Middlesex at the finals.

should shoot. Meg, Colin and Keigh were not overworried as their games were more easily adaptable to the prevalent oily pattern.

At last the big day arrived, and with an opening ceremony that started two hours later than scheduled, due to the Police band getting trapped in the traffic, the first event, Mixed Fours, didn't roll off until 11 pm (3 am GMT). America won the gold and Gt. Britain came in sixth place, only 30 pins adrift of a bronze.

The following day saw one of many highlights from the Union Jack brigade as Meg and Colin laid claim to the gold medal in the Mixed Doubles. Meg rolled some great stuff and Colin looked superb as he averaged over 200.

The Men's and Ladies' Doubles came and went without much ado but, obviously all four British bowlers rolled respectably enough to reach the Singles and All Events section (the ladies finishing 7th).

Meg, looking every part a dedicated bowler and a credit to her country, came home sixth in the Ladies' All Events. In the Men's grouping, the London crew did us proud. Colin seemed to be heading for the titles but settled for fifth in All Events whilst Keith marched on to capture the gold in Singles and All Events.

The British team finished second overall, compiled from points gained for finishing in the top six of each group. Maurice Glazer heaped praise upon the GB representatives for their performances on and off the lanes, "second in action, first in diplomacy and smart in appearance." was his comment.

The schedule over the final few days was to put it mildly, hectic. The banquet to wind up the occasion didn't finish until around 3 am. Our party left for the Airport at 5 am.

Thank goodness, I thought to myself, I'm pleased to be going home for a rest. Alas! Our problems were not at an end. Without going into sordid details, our flight left for Barbados without us ... and there supposedly wasn't another for five days ...

By way of a miracle, nothing else can describe it, to our rescue came a British Airline. God Bless them! They flew us home, arriving in London ahead of our original time and we cannot thank them enough.

The impression I was left with, looking back over those eventful days was that it was very tiring, both mentally and physically.

Goldie Castle

## G.B. Bowlers Strike Gold in Venezuela

The Miranda State Bowling Association International Championships were held in Caracas, Venezuela. The U.K. was invited to send a team. It proved to be a magnificent opportunity to survey the scene for the 1983 World Championships, and their invitation was gratefully accepted.

The event consisted of Four Person Teams (2 men and 2 women), Mixed Doubles, Men's Doubles, Women's Doubles and Singles for the top 28 only. The event is staged every five years and the U.K. was the only team to represent Europe, although I believe other European Countries had been invited.

*The following report is from Goldie Castle.*

It took nearly six months to mentally prepare myself for the trip to South America to compete in the 25th Anniversary Tournament of the Venezuelan Bowling Association.

I had no idea what to expect from the people, the food, the money, and most important, the bowling conditions. I was soon to find out that all of these were alien to anything I had ever know in my life.

But let me start on that magical day, September 5th, when the British contingent gathered at Gatwick Airport. The party consisted of Meg Shaw (from uptown Sunderland), myself (from downwater

Worthing). London bowlers, Colin Presland and Keith Pragnell. Maurice Glazer, Rita Glazer, and bringing up the rear, the team's mascot, head cook, and scorekeeper, Ruth Glazer.

First stop was Barbados, the Caribbean sunshine paradise, which gave us time to acclimatise to the weather. Sunbathing, swimming, sightseeing and eating occupied these days fully, with thoughts of bowling nagging away in the background of each person's mind.

Also prominent were games such as crib and partner whist (in which the girls reigned supreme), volleyball and water polo (ever seen a horse wearing a snorkel?). Pinball machines were in abundance and young Ruth put all to shame with her dexterity.

Then, a hop across the water to South America, to be greeted by Venezuelan bowling officials who really put themselves out to ensure our visit was as comfortable as possible.

After settling in at our headquarters, the hotel El Marques, we were whisked away to the bowling centre to meet more officials and generally present ourselves as ambassadors of British sport.

The days prior to the tournament were spent on excursions to local beauty spots, plus bowling practice. I realised early on that the conditions were not suited to my own particular skills and attempted to sort some answers out as to where I

# YBC NEWS

## Essex Inter-County Trials



Essex have held trials for the Essex County junior team. Entrants had to bowl 6 games. The organisers used the same format as for the Senior County teams — average x 9 games, plus their 6 game total divided by 15. The following table is the result:—

### BOYS

Name	Ave x 15	Pinfall	Position
M. Presley	185.3	2780	1st
P. Wainwright	172.4	2587	2nd
M. Clack	172.0	2581	3rd
R. Hobart	170.6	2559	4th
T. Pavelin	166.8	2502	5th
C. Turner	147.6	2215	6th
J. Shead	144.7	2171	7th
J. Bristow	140.1	2102	8th
I. Lincoln	129.0	1935	9th
M. Lizzimore	120.5	1808	10th

### BASILDON

Plastex Design and Engineering, the South Woodham Ferrers based engineers, recently sponsored a new junior event in Basildon.

After a six-game block and a step-ladder final Tony Pavelin collected "The Plastex Design Challenge" trophy and a bowling ball, having climbed from fourth to first during the step-ladder. Highest game (276) and second place went to Ashley Trundle, who collected a new ball bag and other goodies including a medallion from the sponsors. Third through to sixth were Lee McCutcheon, John Cairns, Mike Clack and Dawn Hunter, each of whom received medallions. A fine day's bowling and prizes of bowling equipment valued at more than £100 — compliments of Plastex Design and Engineering. **Brian Molineaux**

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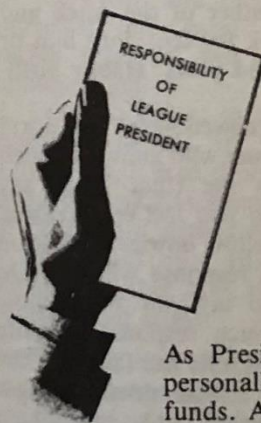
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### GIRLS

T. Thorogood	145.5	2183	1st
T. Burt	121.9	1829	2nd
A. Trundle	119.6	1794	3rd
D. Hunter	116.7	1751	4th
Jo. Carter	113.0	1696	5th
Jan. Carter	111.5	1673	6th

The top seven boys and six girls will be registered for Essex, the teams will be selected from these players.  
**Pat Presley**



## FOR LEAGUE PRESIDENT ONLY

As President of a BTBA sanctioned league YOU are personally responsible for the safety of your League's funds. Apart from presiding at meetings of your league you should be certain that:—

- 1 Your League's weekly trophy monies are not only collected by your Treasurer but are **BANKED** by him.
- 2 The Bank account is in the name of your League **NOT** in the name of a league official.
- 3 The Bank provides a statement of account **MONTHLY** and that the account is posted to **YOU**. After checking what *should be* in the Bank with the amount that *is there* pass the statement duly signed to your treasurer for his file.
- 4 At least **TWO SIGNATURES** are required before any money can be paid out by the Bank. **YOUR** signature must be one of these and the other can be either the Secretary or Treasurer.

These simple duties will ensure that your league's presentation is a happy one. We **KNOW** you trust the treasurer. We **KNOW** he's a friend of yours — but do your job anyway. The funds of **YOUR** league are your personal responsibility. **Don't let your league or yourself down!**

# COOL CORNER

Look, I only done the first couple for a laugh. Just to prove anyone can do it. I don't care about all your whining and whining about "filling space" and "deadlines to meet" and such. You're dealing with creative genius. You must think that we internationally respected columnists pluck inspiration from thin air. You've got the idea that us jet setting journalists just sit down and turn out all this high brow guff like a bunch of genii (that's high brow plural for "clever buggers", nothing to do with rubbing tatty old lamps).

Wossat? If I don't shut up and get on with it you'll do what? All right, the idea of having that nature reserve you refer to as a beard rubbed round my naked feet doesn't appeal to me in the least. You got yourself an article. My mum always did say I was some sort of soft article anyway.

So. Here we are. Organised as ever. One week to the trophy presentation and nothing done. Bar licence looking doubtful. Trophy supplier stuck in Katmandu or some such place. Ticket printer up the Swanee. No doubt the hall will burn down the night before the event and solve all our problems. And do I panic? No chance. I'm too busy practising rolling myself up into a little ball and chanting "Nuffing to do with me".

Bitter cry from the heart that all league secretaries will understand dept. You know what I mean. You spend hours on end night after night at the front end of the season working out the calendar for the new season. You type it all out and get it duplicated. You give a copy to each member of the league. Every week during August and September you announce "Don't forget the presentation dance on October 2nd." Come September 24th you go round the whole league between frames at the expense of your game and say "How many tickets do you want?" And half the league say "Tickets for what?" Did you ever want to shake half your league membership warmly by the throat?

Non controversial comments to the Gen. Sec. dept. Dear Gen. Sec. (or your desk if it's still responsible for issuing statements), why not extend the award badge facility for 'in a row' strikes to cover all instances, rather than restrict it to 'in a row in the same game'? As it stands a bowler who has rolled a previous

best of (say) six in a row in one game might strike out from frame seven onwards in game one, and start game two with six in a row. That's twelve in a row, for which he or she will be entitled to no official recognition, despite a real good run. There need be no worry about people seeing a twelve in a row chevron and mistakenly think the wearer has made a 300 game, because there would be a special 300 badge in evidence for such a feat. So come on Mr. Gen. Sec. how about allowing those who've had a small moment of glory a small reminder of that moment? Pretty please with knobs on?

Will you get your hands off that paragraph? This is MY column and I'll fill it how I like. And leave that margin alone, it's doing you no harm. wodju say? I'm no Keith Waterhouse? No, and you're no Lord Beaverbrook, so just lay off those semicolons. Look, if I wanted to use asterisks I'd use asterisks, a whole row of \*\*\*\*\* asterisks. Interfering mobile rug.

I've just had it pointed out to me that this is a golden opportunity to plug the tenth anniversary of my league. My league is Halstead, known to its intimates as "The Aitch". I hereby authorise any member of any other league to corner any member of the Aitch and force a drink (or ten) onto him or her. Ten good years. Happy birthday, Aitch.

Are you a newcomer to the sport? Or an oldcomer who knows as much about it as me (that is to say ZILCH)? Do you feel embarrassed to asked a fellow bowler a question for fear the response will be "Do you mean to say you don't know THAT?" (Such response is quite likely used to hide the fact that the person you asked doesn't know either and wishes not to look like a know nothing wolly). It's a sad fact that in any sport the people who know assume that the people who don't know should know. And if the people who should know don't know, they should find out. Unfortunately, not many of the don't knows have any idea how to find out. So, in an endeavour to put back in something of what I've taken out over twenty bowling years I'd like to start a "find out" service for those of us who've questions they'd like answered. I'm not an expert, but can at least try to match questions to experts. So, whether it's technical,

historical or plain hypothetical, write c/o Cool Corner and I'll try to get answers for you.

As I sit here playing "Colonel Bogey" on Mr. Olivettis' fine instrument I occasionally look around the room for inspiration. My glance sweeps across the League Champions' trophy on the mantelpiece, takes in the Player of the Year trophy next to the television, lingers on the Knock-out Shield, the Team of the Year Award, the Hi-Av Cup. Yes, they're all there, waiting for presentation next week. But for a week I am the champion (clap, clap, clap, clap). Good innit.

Ain't you lucky having such dedicated people giving up their time to enrich your lives with gems of pure literary genius? Stay cool.

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*The Gen Sec's desk received the following plea for guidance and assistance on strikes in a row, in a row, IN A ROW . . .*

*Name and address withheld to protect the innocent!*

"Dear Sir,

I am writing to you to ask if you can answer a bowling matter for me.

When I was bowling at — bowl today, I finished a game with three strikes in a row, and started the following game with two strikes in a row. Now, am I right in saying that this still counts as five strikes in a row even though the 4th and 5th strikes were in the following game? I always thought that if you finished a game with 3 strikes in a row and started the next game with 2 strikes in a row, it still counted as 5 in a row because they followed on from the game before. When I asked someone at the bowl if it counted as 5 in a row they said it didn't because they were in a different game.

Now, I've always thought if you ended a game with 3 strikes and started the next game with 2, it still counted as 5 in a row because the 4th and 5th strikes were in the following game and carried on from the previous game, which I finished with 3 in a row.

I'll be disappointed if it didn't count as 5 in a row, but I am sure it counts as 5 in a row. I hope you will confirm that I am right to count it as five in a row. **By the way I was practicing (open play) when I did it.**

As I say I'd be most grateful if you'd write back and let me know if I am right or not, I'm sure I'm right, it counts as 5 strikes in a row, I do hope I'm correct.

I hope to hear from you. Thank you very much."

*PHEW!! — Typesetter*

## BTBA Instructors Association

# Mental Preparation for Competition



This subject has received considerable popular attention recently, the objective here is to describe in one article the several disciplines involved, and to give some guidance as to how we might begin to practice and develop them for ourselves.

Relaxation and Concentration, Anxiety, Self-Awareness, Self-Image, Motivation, Affirmation and Visualisation; each reacts with the others, so although we may need to practice some in their own right, eventually we will develop a total strategy by pulling all these threads together to form the whole.



### ANXIETY:

There is little doubt that the most evident and the most prevalent psychological problem in competition at all levels is stress (anxiety).

Anxiety produces several physical reactions: breathing becomes shallow, faster; the person tends to urinate frequently; muscles grow tense, particularly in the jaw, neck and shoulders; sweating often occurs; the face and/or neck may become flushed.

These same symptoms are also clear indicators of a body ready for immediate physical response and activity; so although society may deplore Anxiety, moderate anxiety is in fact useful to us, it enables us to perform better physically. Anxiety becomes a problem only when it becomes excessive, and it is excessive anxiety against which we should develop our first coping strategies.

### COPING:

1. Face your fears; anxiety is often caused by unfamiliar surroundings, circumstances or people, the individual may even be overwhelmed initially, yet as the situation develops and become more familiar the individual becomes less uncomfortable within it.

We may then choose for ourselves whether . . . .

(a) to wait pensively for familiarisation to lessen our fears, or

(b) to take a relaxed interest in the situation, the people, the challenge of the event, and thereby to key ourselves into eager anticipation rather than to wait in dreadful apprehension.

2. Learn to Relax; to control ones emotions is not to become an automaton, it is to choose Peace instead of Anger, Calmness in place of Fear, Love instead of Hate.

3. Distraction; think about something other than that which is causing your stress.

### PREPARE FOR STRESS

1. What is it that you have to do?
2. Can you develop a plan for it?
3. Think about it, that's better than worrying
4. Avoid negative self-statements.
5. Don't worry.

### CONFRONTING STRESS

6. Psych yourself up, you can meet this challenge.
7. Reason your fear away.
8. One step at a time.
9. Don't think about fear, stay relevant and think about 1.
10. You knew there would be stress, practice coping/relaxating.
11. Anxiety can be an ally, a 'cue' for coping.
- 12; Relax, you are in control.

### REINFORCE SELF-STATEMENTS

13. You CAN do it.
14. Wait until you tell the other guys about your self-control.
15. Things aren't all that bad.
16. Control is becoming easier.
17. Be pleased with your progress.

### COPING WITH BEING OVERWHELMED

18. When fear comes — pause, don't hide, don't run.
19. Focus only upon the present, there is no past, there is no future.
20. Assess your fear on a scale of 1-10.

### RELEXATION AND CONCEN-TRATION:

Although the connection between relaxation and concentration may not be immediately obvious, as one develops the one the other becomes a consequence.

Relaxation does not come to us by demand, indeed relaxation comes to us only when allowed to do so, but we can learn to prepare the way for a Quiet Mind in a Quiet Body.

Sit comfortably upright, hands resting upon your thighs or lap, muscles at rest. Breathe slowly and deeply, without straining, and focus your attention upon the flow of your breath in and out of your body. Imagine now a tranquil scene, a pleasant sound or slow soft music. If a disturbing thought intrudes, ease it aside without anger or frustration and return your attention as before. Any physical movements should be slow and easy, you are calm. You have chosen peace. Develop now a Patient Calmness.

It is in this state of mind that we become best able to Concentrate, there is no anxiety to distract the calm focussing of our attention down, down to a single point of interest, a point within which we become steadily more aware of detail, while all that which is outside of that point becomes less and less distracting or observable as you exclude it quite naturally from your area of interest.