



# MANGAWHAI BOWLS

## April 2026

Welcome to your April newsletter. Lots of things happening and a busy bowling time for some.

### What's your committee up to

A word from our President...

As we approach the close of the bowling season, the committee's focus now turns to the key events and preparations ahead. Prizegiving will be held on Saturday 23rd May, followed by our AGM on Sunday 28th June. Alongside these important dates, we'll have a winter bowls programme and planning for the 2026/27 season.

There is plenty to keep us busy in the months ahead, and for our members, we're hoping for some fine winter weather so you can continue to enjoy bowling.

Thanks  
Christine

### Congratulations and who's done what in the month of March and April!

#### National Inter Centre Finals (April 9<sup>th</sup> – 12<sup>th</sup>)

Well done to our ladies on competing in the Inter Centre finals down in Wellington.

Thank you also to everyone who contributed to the fundraising to assist our team with travel and accommodation.



Ally Connery, Christine Lineham, Wendy Sarjeant, Lyn Wintle, Kris Wintle, Sue Wightman and Carol Stebben.

Our ladies played well and only narrowly missed out on qualifying for the finals.

You promoted Mangawhai with style and we appreciate you so much.

#### 1 – 5yr Junior Reps to BOP (March 14<sup>th</sup> & 15<sup>th</sup>)

We were so proud of our junior players that went to represent Northland in the Bay of Plenty.

Well done to Lorraine Davies, Kayleigh Summers, Shane Wintle and Rob Webber. Competition was tough - they did us proud.

## Final of Twilight (March 19<sup>th</sup>)

Thanks so much to our sponsor, ALL Aspects Construction Ltd, and to Christine, Keith and Eric for all their work running these evenings. Twilight runs for 7 weeks before Xmas and & 7 weeks after so quite the commitment teams.

The overall winners of the tournament are...



1<sup>st</sup> Place: Mona Guttenbiel, Bruno Barnetta, Ally Connery & Carol Stebben



2<sup>nd</sup> Place: Rob Webber, Keith Lineham & Eric Backhouse



3<sup>rd</sup> Place: Makita Kaye, Pauline Boddy & Lynette White

## Club Champ Junior Singles Final (March 20<sup>th</sup>)



Runner Up: Marie Reid. Winner: Lorraine Davies



Winner: Shane Wintle. Runner Up: Rob Webber

## Business House Final (March 24<sup>th</sup>)

The business bowling year drew to a close much to the disappointment of our many, many business house bowlers. Hopefully, we may gain a few new members to our Club.

Christine and Keith Lineham did such an amazing job wrangling 40 something teams around the rinks on Tuesday nights. Denise West & Stella Rogers stepped in to sell the raffles and sell they certainly did, pushing more sales than ever before – way to go ladies!! Thank you so much guys!

## Champ of Champ Singles

Our representatives:

Glen Wintle played in Waipu

Wendy Sarjeant played in Onerahi

## Champ of Champ Pairs

Played in Mangawhai – what a treat!

We got to watch the top pairs teams from around the district play at our Club. Our representatives were: Ladies: Wendy Sarjeant & Christine Lineham

Men: Ken McLeod & Dave Frame

## Placemakers Centre Junior Pairs (April 18<sup>th</sup> & 19<sup>th</sup>)

A few of our junior members went to give it a go.

Our ladies' pair of Liz West & Lorraine Davies made it through to the second day up in Kamo. Well done guys!



## Battle of the Causeway (April 19<sup>th</sup>)

This is what it's all about folks. Revamped from years ago the match committee decided to set those North against those South of the causeway.

What an incredibly fun day!!

Winners received a drink of their choice (and the plaque) and losers a chocolate fish.

Great fun was had by all.

Winners – oh the North, wahoo!



## New World Charity Triples (April 22<sup>nd</sup>)

Money from this event went to 'Helping Paws'. A local charity that rescues, rehomes, traps feral cats and when possible, gets them ready for adoption.



Winners: Dave Blincoe, Denise West & Neville Franks



Runners Up: Jackie Rutledge, Eric Backhouse

## Ben Olney Mixed Pairs (April 26<sup>th</sup>)

A great turn out and beautiful weather for this event.

Winners of the Cup: Jeanette & her '2' men!  
Go Jeanette.

Warwick Catchpole, Jeanette Mabin & Brian Langridge.

Brian sadly injured his shoulder during the 2<sup>nd</sup> game and Warwick happened to be passing by and stepped in to make up the pair. Awesome.



## 1st Year Singles (April 27<sup>th</sup> & 28<sup>th</sup>)



Winner: Lee McAllister  
Runner Up: Adrienne Hilt

What a great battle these guys had.

The future of Mangawhai is looking bright with the talented bowlers we have coming along.

Well done!



Winner: Dave Blincoe  
Runner Up: Todd Gibson

## Spot the Stingray

Every Newsletter I will be hiding a stingray somewhere in the Newsletter. Send in your answer and you will go in the draw to win a chalk spray 😊

Send your answer to [thebowlingsecretary@gmail.com](mailto:thebowlingsecretary@gmail.com)

All entries will go into a draw, and the winner will be announced in the following month's Newsletter.

**March winner: Congratulations - Marie Reid**

## Upcoming Events for May

We just want to say – go our team of juniors!!

Saturday May 2<sup>nd</sup> in Kensington the Mercedes Cup Interclub Sixes is being held.

Our Mangawhai team won the Northland competition and now get to represent Northland against Far North, Auckland and Counties Manukau.

Go well - Shane Wintle (singles), Geoff Wheeler & Jo Johnson (mixed pairs), Lorraine Davies, Liz West & Rob Webber (Triples).

<b>May</b>	
Sat 2 <sup>nd</sup>	Mercedes Cup Interclub Sixes – Kensington if you want to support our guys
Sat 2 <sup>nd</sup> /3 <sup>rd</sup>	Mangawhai Club Mixed 4's tournament – huge weekend with loads of teams playing, heaps of fun if you want to check it out
Sat 16 <sup>th</sup> /17 <sup>th</sup>	Centre Junior Singles
Sat 23 <sup>rd</sup>	Closing Day & Prizegiving
<b>June</b>	
Sat 13 <sup>th</sup>	Centre Winter Interclub

## SAVE THE DATE... Saturday 23<sup>rd</sup> May

Greens will be closed from now on. The artificial top green will be in use after this date.

**Prizegiving/ End of Year Dinner:** You should have received the email inviting you to our End of Year dinner and Prizegiving. Come celebrate the achievements and successes of our Club members and enjoy some companionship and dinner with your fellow bowlers and family.

5pm Prizegiving (arrive by 4.30pm please) & then 6.30pm Dinner.

Cost: \$20pp bowling members. \$30pp non-members.

Pay to: Mangawhai Bowling Club

12-3094-0172041-00

Reference - your name & how many people

Any queries email Val: [mangawhaimatch@gmail.com](mailto:mangawhaimatch@gmail.com)

## Info wanted...

Do you know the history about any of these cups/trophies?

- Ben Olney Cup
- Alice Cameron
- Battle of the Causeway

We would love to know a little more and would love to hear from you.

Please contact Jill 022 414 0073 or [rayjill2105@gmail.com](mailto:rayjill2105@gmail.com)

## Welcome to new and returning members

New limited members we welcome you and look forward to playing with you soon 😊

Judy Leonard

Peter Davies

Daphne Davies

# 7 COMMON LAWN BOWLS DELIVERY MISTAKES AND HOW TO FIX THEM

## DELIVERY DIAGNOSTICS: THE BOWLER'S GUIDE TO FIXING COMMON FAULTS

**INTRODUCTION:** Your delivery is the foundation of every successful shot. Inconsistent delivery undermines even excellent reading of the head or mindset. Below are the seven most common mistakes, their causes, and simple corrections through focused practice.



### 1. WOBBLING OR SKEWED BOWL ON RELEASE

#### THE MISTAKE

Sideways shake as the bowl leaves the hand; caused by misalignment or twisted wrist.

#### THE FIX

- Re-examine grip & hand position.
- Ensure running surface faces target line.
- Practice smooth, relaxed releases with a straight wrist.

**Drill: 'SHADOW-RELEASE'** – rehearse delivery without a bowl, focus on pendulum swing and rhythm. Use front/side video to check clean exit.



### 2. BOUNCING OR "THUDDING" DELIVERIES

#### THE MISTAKE

Loud thud and stops short; caused by releasing too high or too early.

#### THE FIX

- Lower point of release.
- Imagine 'rolling' the bowl, gentle brushing contact with turf.
- Practice slow, rhythmic roll-ups to short targets, gradually increasing distance.
- Critical on quick greens.



### 3. STEPPING OFF-LINE

#### THE MISTAKE

Unintentionally stepping toward the jack, dragging body and arm off target.

#### THE FIX

- Lay down two tape lines from mat along target path.
- Practice stepping and delivering along this lane.
- Keep front big toe pointed toward aiming point; shoulders follow.

**Cue: 'RAIL'** (step) and **'TRAIN'** (arm). Video from behind to check drift.



### 4. OVER-GRIPPING OR EXCESSIVE TENSION

Tension stiffens wrist and forearm, causing jerky motion and early release.

Tension stiffens wrist and forearm, causing jerky motion and early release, often under pressure.

#### THE FIX

- Check grip pressure: secure but comfortable, flexible hand.
- Take a deep breath, release shoulder tension before delivery.

**Drill: 'TOWEL DRILL'** – hold a towel with minimal pressure to feel relaxed control.



### 5. LOOKING UP TOO EARLY

#### THE MISTAKE

Lifting head or eyes too soon, altering arm path and bowl line; causes straying or falling short.

#### THE FIX

- Keep eyes locked on a focal point 3-6m ahead until bowl leaves hand.
- Hold follow-through for two full seconds.

**Mental Cue: 'EYES DOWN, BOWL DOWN'**



### 6. POOR BALANCE AND STANCE

#### THE MISTAKE

Feet too close, stride too long/short, uneven weight shift causing swaying and shifting delivery path.

#### THE FIX

- Stable base, feet shoulder-width, flexed knees.
- Aim for natural stride at 45 degrees. Back leg as stabilizer.

**Drill: 'HOLD-FINISH'** – deliver slowly, freeze body at the end for two seconds without wobbling.



### 7. INCONSISTENT OR RUSHED FOLLOW-THROUGH

#### THE MISTAKE

Decelerating arm too early or stopping abruptly after release; shortens kinetic chain, leads to under-weight or offline shots.

#### THE FIX

- Think of follow-through as 'finishing your story'.
- Extend hand along line, fingers pointing to target.
- Hold position until bowl crosses aiming. Practice **'SLOW-MOTION DELIVERIES'** for smooth continuous swing.

## INTEGRATING CORRECTIONS INTO PRACTICE



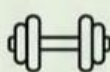
### 1. ASSESS

Record & identify most frequent faults.



### 2. PRIORITIZE

Focus on one correction per week.



### 3. REINFORCE

Use drills addressing the issue.



### 4. REVIEW

Compare new vs. old footage.



### 5. MAINTAIN

Recheck after competitions or breaks.

## Bowls Hub

We encourage everyone to get a bowls hub number. You require a number to enter any centre competition.

Go to <https://bowlshub.co.nz/signup>

You will also be needing a number for results from Club Champs to be entered into the system.

## Bored? Want to meet nice people while helping?

Always looking to find people who are willing to lend a hand at events. Please get in touch!

Contact: Jill 022 414 0073

## Bowls Supplies

In case you didn't know we stock Grippo and spray chalk for all those touchers.

These are for sale at Club days & match days - see Jill or another member who has a key to the bowling shed.

		
\$15	\$11	\$18

## If you're feeling sensitive, read no further...

### Half Hour Late

A couple of weeks ago, I practised bowling with a new member.

We had fun during the practise, so I asked him if he wanted to practise next week.

He said: "Sure, but I might be a half hour late."

The following week he shows up right on time, and we practised, this time he plays left- handed.

I asked him if he wanted to practise again next week.

He replied: "Sure but I might be a half hour late."

I then asked him : "How come sometimes you play right- handed and other times, left-handed."

He said : "When I wake up in the morning and my wife is sleeping on her left side, I play left- handed and if she is on her right side, then I play right- handed."

I then ask: "So, what if she is lying flat on her back?" "That's when I'll be a half hour late!" he replied.

Great bowling everyone!

Contact: [thebowlingsecretary@gmail.com](mailto:thebowlingsecretary@gmail.com)

Facebook page

Website: <https://mangawhai.bowls.nz>