



If your middle fingertips touch, then the bowl is just right. If the fingers don't meet (see above) then the bowl is probably too big. If the fingers overlap, the bowl is maybe too small. Clearly, this lady will find my size 4s too much to handle.

As stated above, this method is crude and there are many reasons why a smaller bowl may be more appropriate, especially if you suffer from arthritis. However, if your bowls don't pass this test, have a try with some different sizes and see if it makes a difference. Don't go wasting your money on eBay. Your fellow club bowlers will be more than happy for you to try out their bowls for a couple of ends until you settle on the best solution for you.

## **GET A GRIP**

When I was in my early years as a bowler, it was just beginning to be shown on television and I used to regularly get asked the (not so stupid) question – "How do you make the bowl bend?"

Of course, you can't stop the thing from bending because that is what it is designed to do. But it is worth thinking about the life of a single delivered bowl. The bowl will travel about two thirds of its travel in a straight line. Then, as it slows down, because the centre of gravity is offset, it will begin to lean inwards making it turn. The slower it gets, the more it turns.

Once you let go of the bowl there is nothing you can do to alter its course and so, your role in the delivery is to give the bowl the best possible start. It wants to run as upright as possible for the straight portion of its travel. The 2 key factors are your release and your follow through. Your grip has a big influence on the position of the bowl at the point of release.