

Bowls in Epsom & Ewell

Why not contact one of the local bowls clubs to find out more about the game and the benefits of playing bowls?

Auriol Bowls Club

www.auriolbowlingclub.com

Auriol Park, Salisbury Road, Worcester Park, KT4 7DP

Epsom Bowling Club

www.epsombowlingclub.co.uk

Worple Road, Epsom, KT18 5EW

Epsom Court Bowls Club

www.epsomcourtbowlingclub.co.uk

Court Recreation Ground, Pound Lane, Epsom, KT19 8SB

Epsom Park Bowls Club

www.epsomparkbowlingclub.org.uk

Alexandra Park, Alexandra Road, Epsom, KT17 4BY

Ewell Village Bowls Club

<http://ewellvillage.bowlsclub.net>

Gibraltar Recreation Ground, West Street, Ewell, KT17 1UX

Useful contacts

Epsom & Ewell Borough Council, Leisure Developments Team

www.epsom-ewell.gov.uk/over50s

email leisuredevelopmentsteam@epsom-ewell.gov.uk

Bowls Development Alliance

www.playbowls.org

Bowls England

www.bowlsengland.com

Surrey County Bowling Association

www.surreycountybowls.co.uk



Try Bowls

Bowls truly is the sport for all;
all ages, all sexes and all abilities.

It is a game that takes just
seconds to learn... and the rest of
your bowling career to master!



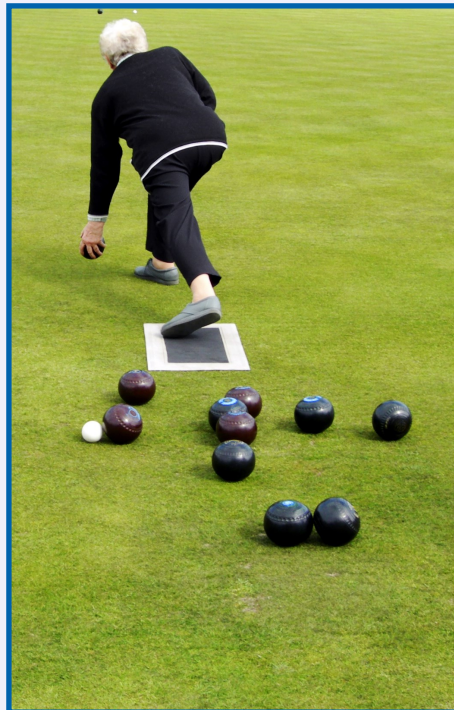
Dating back to the ancient Egyptians, bowling has one of the richest histories within sport. Whilst there are records of bowls being played in England in the 12th century, it is believed it was a widespread pastime even earlier. Numerous variants have evolved, as diverse as French Boules, American ten pin, Polynesian Ula Maika and the various forms of lawn bowls in the UK.

Lawn bowls can be played for recreation, relaxation, competitively and socially. It is incredibly popular – there are over 20 bowling clubs within five miles of Epsom High Street!

Lawn bowls is a game of precision and accuracy. As the sport does not involve periods of prolonged and intense activity, it can be played by almost anyone.

All forms of exercise are good for your health; don't be deceived by appearances, an unassuming game of lawn bowls is still capable of getting your heart pumping!

Health professionals recommend playing lawn bowls, particularly for older people, as it is a low-impact, therapeutic exercise that can improve fitness, coordination and confidence. Participating in a team sport, such as lawn bowls, helps improve social activity, which contributes to all round happiness and well-being.



Let's play

The game is played on 'the green', a square of closely cut grass which is divided into playing areas, called rinks.

The green is surrounded by a small ditch to catch bowls which leave the green, and a bank upon which markers indicate the sidelines and centrelines of each rink.

Players take turns to deliver their bowls from a mat at one end of the rink towards a small white ball called the jack at the other end. The bowls are shaped so that they take a curved path towards the jack. To be successful the bowl must be delivered along the correct line.



The object is to get one or more of your bowls closer to the jack than those of your opponents on each end - one point is scored for each counting bowl.

There are many different formats to the game, but the most common in England are singles or in teams of pairs, triples or fours. In singles, the winner is the first to score 21 points. In the other three formats, the winner is the team that scores the most points over a set number of ends.