


DRESS CODE

MENS

Shoes – Men/Ladies

	<p>MEN AND LADIES Regulation bowling shoes are preferred however the following will suffice initially.</p> <ul style="list-style-type: none"> ▪ White Flat soled shoes that have no separation between the front sole and heel (flat from toe to heel) ▪ Either have no tread or a shallow tread pattern (or grooves) less than a ¼ inch deep
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Clothing - MEN

Regular Bowling	<ul style="list-style-type: none"> ▪ Comfortable casual wear, preferably grey trousers and white top (Jeans, football shirts and vests not allowed)
Club Matches/Competitions	<ul style="list-style-type: none"> ▪ Club Shirt ▪ White Shirt ▪ Club Tie ▪ Navy Blazer ▪ Trousers – Grey ▪ Trousers - White ▪ White jumper (optional) ▪ White socks ▪ White Waterproof jacket and trousers (optional but useful on wet days!) <p>We prefer all club members to arrive in White shirt, Grey Trousers, Navy Blazer (Club badge available for blazer) and club tie for all competition matches. (Badge and tie available from Hon Treasurer)</p>

Clothing - LADIES

Regular Bowling	<ul style="list-style-type: none"> ▪ white trousers or skirt ▪ Club shirt ▪ Club cardigan ▪ club waistcoat
Club Matches/Competitions	<ul style="list-style-type: none"> ▪ Club Shirt ▪ Skirt or Trousers - White ▪ Club cardigan ▪ Club waistcoat ▪ White Waterproof jacket and trousers <p>There is a second hand rail in ladies changing rooms.</p>

Other – Men/Ladies

Personal Protection (optional)	<ul style="list-style-type: none">▪ White hat▪ sunscreen▪ insect repellent▪ bottled water
<ul style="list-style-type: none">▪	<ul style="list-style-type: none">▪ lawn bowls measure▪ chalk▪ Towel/Cloth used to dry off bowls dampened by dew or rain

Useful links

Bowls England - <https://www.bowlsengland.com/> - Bowls England is the National Governing Body (NGB) for the sport of Flat Green Lawn Bowls in England. The Bowls England website is a good resource for all Bowlers and Bowling Clubs. The Rules and Regulations of Bowls can be found on this website.

World Bowls - <http://www.worldbowls.com/> - World Bowls is the recognised International Federation for the Sport of Bowls. Their website provides useful information about bowls including a newsletter and a Bowls Magazine which is a free.

The Club is affiliated to **Bowls Bedfordshire**. [Contact: Peter Lee, County Administrator and Men's Secretary, 01525 384114 / 07415 624967 or www.bowlsbedfordshire.com .

Indoor Bowls Clubs - Many members of Ampthill are also members of local indoor clubs, where they play over the winter months:

- **Kempston Park Indoor Bowls Club** - <https://kempstonparkbowls.co.uk/>
- **Bedford Borough Indoor Bowls Club** - <https://www.boroughbowling.org.uk/> . The club have a shop which is stocked with clothing, shoes, accessories and bowls.

Riverain in Hitchin have a fully stocked shop offering all that a bowler may need. <https://riverain.co.uk/shop.html>

Ebay & St Neots Market – always a good resource for purchasing equipment.

Contact Us

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Coaches

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