



Welton Manor Golf Club
Seniors Newsletter
April Edition
No 4 -2026.



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Air Ambulance Charity Event:

The 10 Best Golf Exercises for Seniors:

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Chairman's Comments:

Alan Pretty, Seniors Chairman,

April 2026.



Hello gentlemen, and welcome to your April Newsletter. This month we have our usual update from Captain Simon and details of his Captains Awayday to be held at South Kyme Golf Club on Wednesday 24th June. We've also included all the latest information from our Air Ambulance Competition and the charitable donations. Thank you to everyone who took part and made such generous contributions with special thanks to Jim for organising the prize and doing such a great job selling raffle tickets. *(see page 8 for all the results)* There's the latest news from the Competitions Team, the Summer Knockout Draw and an interesting article from Tony on Rules made Simple.



On the golfing side, March has been another busy month for us as we have moved to the end of our winter programme. The Winter Knockout has been completed, we've had our first Medal Competition albeit off the yellow tees, a couple of Stablefords, a Par/Bogey Competition and the Air Ambulance

Competition. Well, done to all our winners. Of course, we still have our Captain versus Vice Captain Competition to look forward to on Wednesday 8th April.

The turnout for our competitions continues to be good with Graham and Julian doing a great job organising some great friendly/fun Wednesday competitions which I know members have really enjoyed. I think Graham's idea of closing our weekly competitions on a Monday is a great idea and allows him to include any late changes from over the weekend before publishing the draw. Our Summer Programme is now underway with the Summer Knockout and a mixture of competitions and friendly matches scheduled for the coming months.

With the improvement in the weather and the return of our qualifying competitions I hope to see more Seniors submitting general play scores to the WHS because it helps ensure a more accurate and fair representation of a golfer's ability. Your Seniors Committee supports and encourages our members to do this.



As we move into warmer weather it is good to see the course starting to dry out and recover from the wet weather we've seen over the winter months. The greens staff have been carrying out the spring maintenance program, and the greens and fairways are returning to something normal as regular mowing starts to take effect. I have noticed that the Club have hired a "greens iron" and hope this will have the desired effect of

levelling up and firming our greens. Unfortunately, I've also noticed some minor crow damage on some of the fairways and hope it doesn't get any worse over the next few weeks.

Our membership continues to rise, and I'm pleased to welcome new senior members **Graham Metcalfe, Barry Smith** and **Mark Arden** to the Section. Welcome aboard gentlemen as you get to know us all I know you'll be made very welcome. I hope you enjoy your golf and the friendship that very much goes with it. It was also good to see ex-member **Roger Brown** who on a return visit to Lincoln, joined our recent Air Ambulance Competition as a guest.



Finally, Christmas now seems like a distant memory and the

supermarket shelves are already stocked up with Easter goodies, some good news; the clocks have gone forward, which means of course more daylight hours for us to be able to play golf!!!

Have a happy Easter everyone and enjoy your golf.

Alan Pretty Committee Chairman WMSS



Captain's Column:

*Simon Boyes, Seniors Captain,
April 2026.*



You will be pleased to read that I cleared the pond on the 1st on Captains Drive in. The team of Captains was indeed the strongest as we ended at the foot of the table even before picking our secret six. Thanks to all who took part on what was a glorious day for golf.

immediately of course.

Thank you again for everyone taking part in the nearest the pin competition each week. A great contribution the my charity.

We have the first of the friendly matches this month - **Normanby** on **Monday 20th** and **Carholme** on **Wednesday 29th**.

Please enter on Howdidido if you're interested in playing and haven't already done so. 18 is the ideal number to provide 2 substitutes in case of

any withdrawals. You will be sent the usual email once the team has been selected.



The meal afterwards will be freshly cooked fish and chips. Start time and cost will be published on the website. Happy golfing

Simon Boyes Seniors' Captain 26

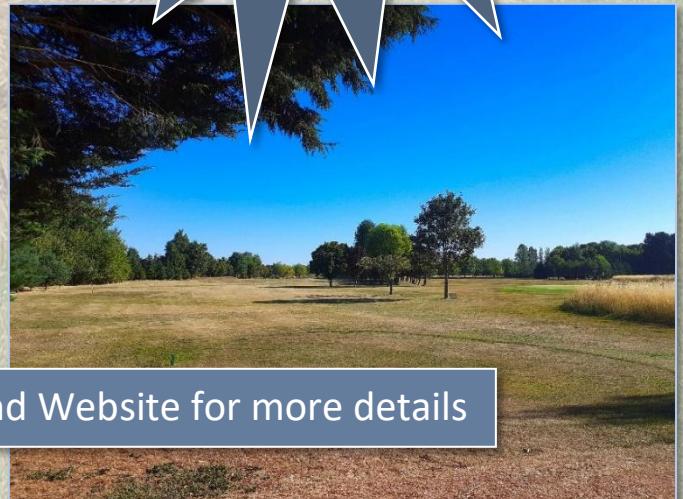


South Kyme Golf Club
Skinner's Ln
South Kyme
Lincoln
LN4 4AT

WMSS Captain's Awayday, Wednesday 24th June 2026.

For just
£30.00 Incl
Food.

Sign up On
HowDidIDo
By 19th June



See May's Newsletter and Website for more details



Charities Co-Ordinator: *James Crayston Seniors Charities Co-Ordinator.*

Wednesday 1st April 2026.



Air Ambulance Charity Event.



Good morning,

I just wanted to wish you all the very best for today, I hope it goes really well.

Please do let me know how everything goes 😊

Thank you once again for choosing to support us. Your help genuinely makes a difference and helps keep our crews in the sky, saving lives across Lincs, Notts and beyond.

Kind regards, **Charlotte Holland**

Community Fundraiser Lincs & Notts Air Ambulance



LINCS & NOTTS
AIR AMBULANCE

You're invited to
**BEHIND THE
SCENES AT
LNAA**

Thurs 4th June 2026 | 4.30pm - 6:00pm

LNAA HQ, HEMS Way, Lincoln, LN4 2GW

The WMSS have done it again!

The total Donation to the Air Ambulance this

year is **£425.00.**

£145.00 from Entry Fees.

£255.00 from the Raffle.

£25.00 Nearest the Pin

Congratulations to the 2 Raffle Prize Winners.

Mr. **Bryan Bakewell.** & Mr. **Len Winch.**

The 10 Best Golf Exercises for Seniors to Improve Strength and Flexibility

by [Jon Hodgkinson](#)



Today, I'm going to show you the 10 best golf exercises for seniors (over 55s) 5 this month and 5 next month.

These are the exact same exercises I use with my senior golfers to get results like this:

*I've been golfing for nearly 50 years and Jon has given me a new lease of life in the game. Aches & pains are much reduced, I've regained distance off the tee, and I'm also able to play 36 holes per day when required. This was unthinkable a couple of years ago. – **Tim Pickford, 59, 8hcp***

So if you're a senior golfer who wants more distance, better consistency, and to keep playing pain-free, this article is for you.

But, before we get to the exercises, let's quickly talk about what NOT to do...

Why Senior Golfers Should (Probably) Avoid Overspeed Training

Overspeed training (i.e. using weighted clubs) is commonly recommended as a way for senior golfers to maintain or improve swing speed.

There's no question that overspeed training can help improve your swing speed. But there's a catch...

Swinging a weighted club as hard as you can puts the body under a huge amount of physical stress.

If your body isn't prepared to handle that stress, then your risk of sustaining a serious injury skyrockets.

Unfortunately, most seniors fall into this category. Years spent hunched over a desk, and a general lack of activity, mean that seniors often have poor mobility, flexibility, posture, and strength levels.

Before any overspeed training can take place, we have to address these issues. That's the 'bad' news.

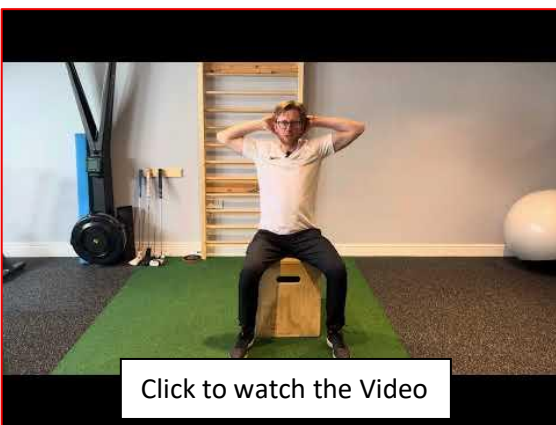
The good news, though, is that doing so will greatly improve every aspect of your golf game. We then use overspeed training as the 'icing on the cake'.

So, with that out of the way, let's look at the best exercises for senior golfers to improve strength and flexibility.

The 10 Best Golf Exercises For Seniors

Prefer watching to reading? Watch the video version of this article here:

1. Thoracic Rotation with Breathing Drill



[Click to watch the Video](#)

This is an exercise that immediately improves rotation through the upper back (the thoracic spine).

The thoracic spine is one of the key areas that delivers rotation in the golf swing. If rotation in this area is limited, then you

can expect:

- A shorter backswing

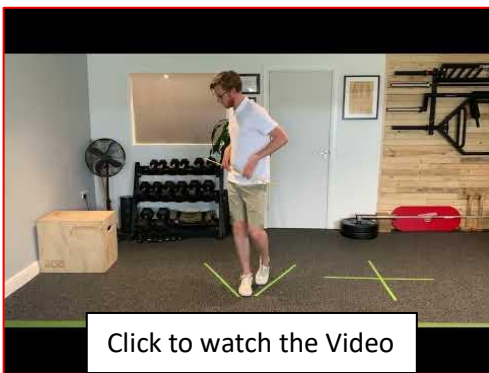
- Reduced power at impact
- More [back pain](#)

Amongst senior golfers, this is the most common restriction I see in my assessments.

My favourite drill to improve thoracic rotation is shown in the video above. The great thing about this exercise is that you will experience an immediate and significant improvement in rotation, making it a great option to include in a warm-up before you play or practice.

Other variations to try: [Narrow Stance Thoracic Rotations](#), [Side-Lying Chest Opener](#)

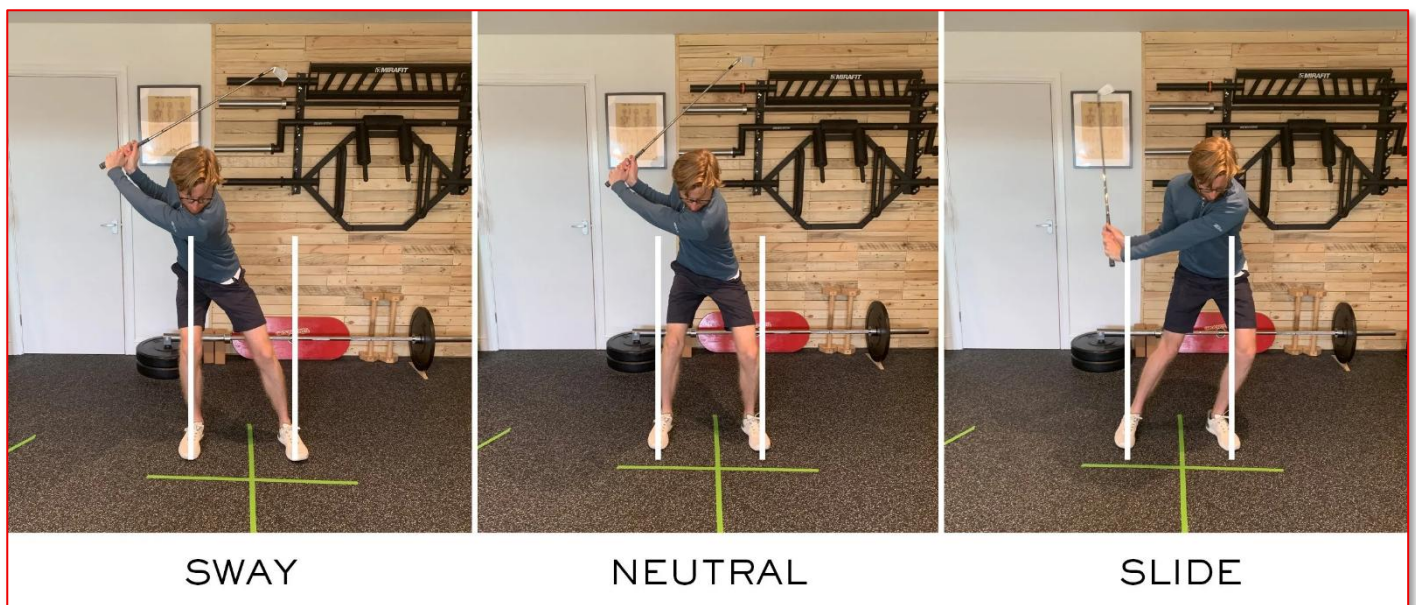
2. Lower Quarter Rotation



Hip internal rotation is the twisting movement of your thigh inward from your hip joint.

For a right-handed golfer, the right hip travels into internal rotation on the backswing, and then the left hip travels into internal rotation

on the follow-through.



If you lack internal rotation in either hip, then you may compensate by [finding that missing rotation through the lower back](#), which [increases your risk of pain and injury](#). You may also compensate with a Sway, Slide or both.

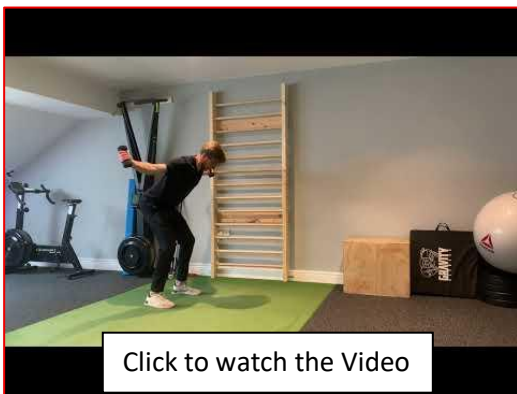
A Sway is any excessive lower body lateral movement away from the target during the backswing and a Slide is any excessive lower body lateral movement toward the target during the downswing.

Not only do these swing characteristics rob you of distance and accuracy, but [the lateral forces they produce put the lower back at greater risk of pain and injury](#).

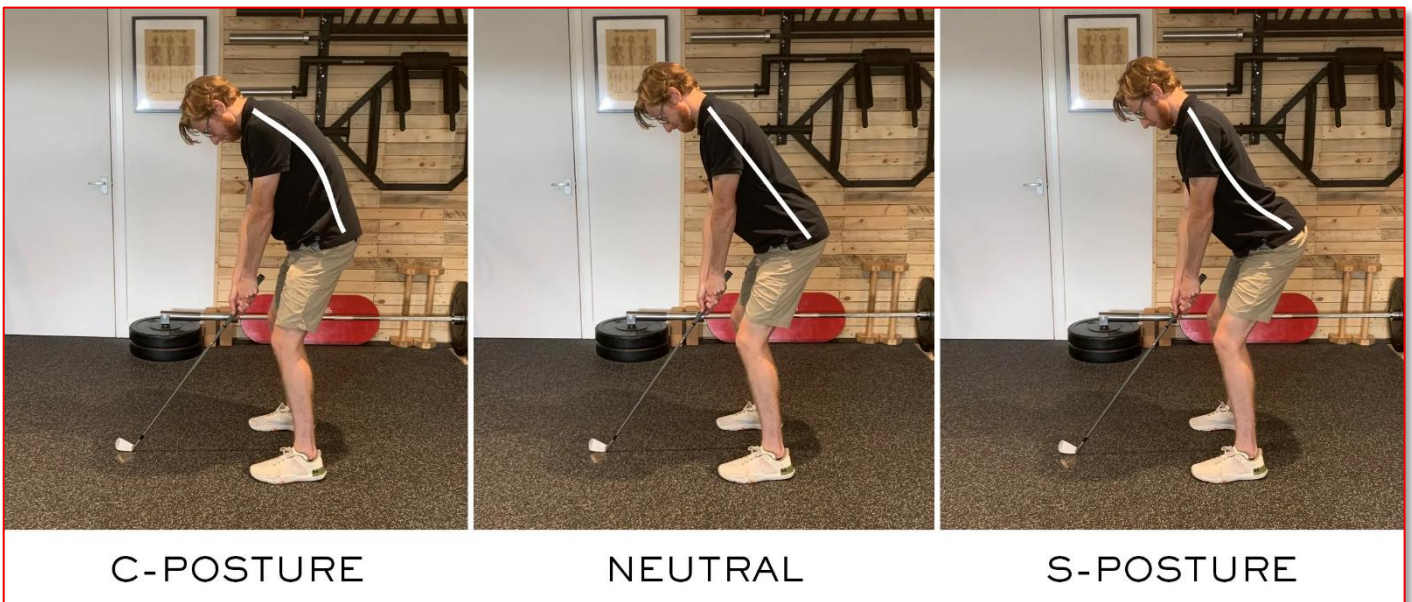
The Lower Quarter Rotation is a simple way to test and improve your hip internal rotation.

Other variations to try: [Supine Knee Drops](#), [90/90s](#)

3. Dumbbell Scapular Retractions



Many senior golfers have rounded, hunched shoulders. We call this as 'C-Posture', which can be seen in the image below.

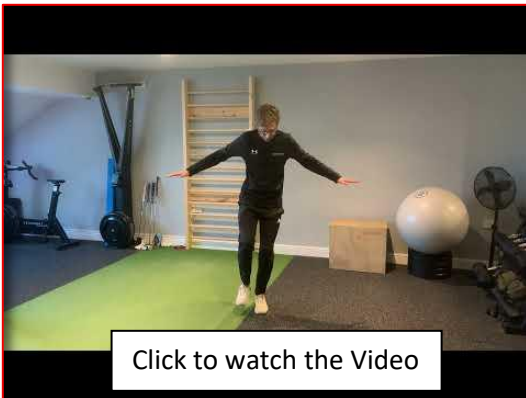


C-Posture is a problem because it limits thoracic rotation (discussed in point #1) and often results in the golfer losing posture during the swing. For more information on C-Posture, [check out the TPI article](#).

Dumbbell scapular retractions are a great exercise to help bring your upper back into a more neutral alignment.

Other variations to try: [Prone Scapular Retractions](#), [Seated Dumbbell Scapular Retractions](#),

4. Single-Leg Balance and Reach



Balance is easily one of the most underrated aspects of golf fitness.

Most people assume that, unless they're falling over, their balance is fine.

But the reality is that most golfers lack the necessary balance to sufficiently control the momentum shifts into the backswing and then from the backswing through impact and into the follow-through.

The result is a lack of consistency, accuracy, and power.

Fortunately, balance is one of the most easily and quickly improved aspects of fitness. Regularly working on an exercise like the Single-Leg Balance and Reach can do wonders for your game.

As if that wasn't enough of an incentive, we also know that [balance training improves joint stability so much so that it lowers the risk of injury by 45%](#).

Other variations to try: [Lateral Step to Balance](#), [RFE Airplane Balance](#)

5. Pulley Woodchop



There's a saying in fitness:

You're only as strong as your weakest link.

Most of the power in the golf swing is produced by the lower body, but a strong core is required to transfer that power into the upper body and ultimately into

the golf ball.

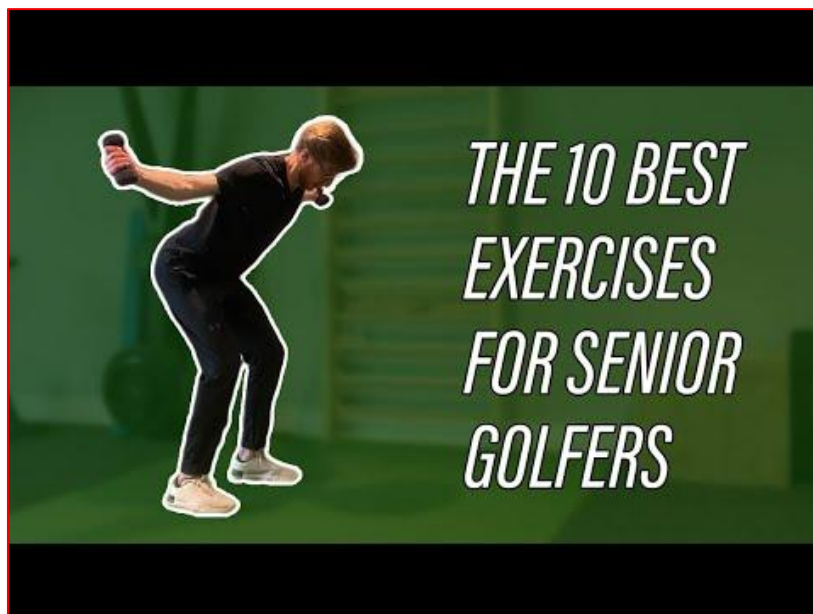
As Jon Rahm's coach Dave Phillips [puts it](#):

The core, which I consider the glue that holds the swing together, transmits force from the lower body into the upper body and helps you rotate your torso

My favourite core strengthening exercise for all golfers, not just seniors, is the Pulley Woodchop. It specifically targets rotational strength, which is key in the golf swing.

Other variations to try: [Pallof Rotation](#), [Rotational Pulley Woodchop](#)

Part 6-10 in May's Newsletter.



Two Blue Leather Seaters.

Free to a good home, or a donation to the captains Charity

2m Lx 1m W x 1m H.



Contact Colin Jehan.

Mob 07538 670466.

Collect from Cammeringham.

Messages from the Competition Team.



Competition Sec.
Graham Robinson



Asst Competition.
Julian Worsdale.



WMSS



Handicap Sec.
Tony Crook.



Starter.
Steven Wells.

Graham and I have agreed the cut off for Divisions will be **20.6**, to balance the Divisions and ensure no players in different divisions get the same amount of shots. In practice players at **20.6** get **20** shots in competitions off Yellow Tees and players at **20.7** get **21** shots.



Up and Coming Starters List.



Date	Competition	Tees	OOM	Starter
8th April	Captain v Vice Capt	Yellow	No	R. Read
15th April	Calvert Cup	Yellow	Yes	B Bakewell
22nd April	Monthly Medal	White	Yes	S. Wells
29th April	Stableford	Yellow	No	A. Phillipson
6th May	Stableford*	Yellow	No	P. Wells

Note for the Starters NOT to let members start early and stick to the correct tee times.



Rules Made Simple:

*Tony Crook, Seniors Handicap Secretary,
April 2026.*



I just moved my ball with my club while looking for it. Should I be penalised?

If you're searching for your ball in the rough with a club and you move it while you're doing that, will you incur a penalty?



Oh... It just moved!

You've hit your ball into thick rough and it's gone deep to the roots. You take out a wedge to have a dig around but you're not hopeful of finding it. Then, after two minutes 30 seconds, your club clips a ball as you're swiping through the grass. It moves a few inches.

It turns out to be your ball. What do you do now? Are you going to face a penalty for moving your ball under the Rules?

In most circumstances on the golf course, if you cause a ball at rest to move by touching it with your golf club you will incur a penalty of one shot.

That's covered by Rule 9.4 – Ball Lifted or Moved by Player.

If your ball lies anywhere on the golf course, except the putting green, and you cause it to move with your club, whether accidentally or deliberately, (perhaps as you are addressing it,) there is a penalty of one shot, and the ball must be replaced on its original spot.

If you're on the putting green and you accidentally cause the ball to move with your club, there is no penalty and the ball must be replaced on its original spot.

What about in searching for a ball though? Well, that's also covered by Rule 9.4 and it's one of the exceptions to Rule 9.4b.

You will not incur a one stroke penalty if you accidentally cause the ball to move while trying to find or identify it. It doesn't matter if you cause it to move with your club in this instance.

So, there is no penalty for causing the ball to move while looking for it, but you must replace the ball back in its original spot.

You must also restore the conditions of the original lie. So, if you had cleared the grass in locating your ball, you must attempt to re-bury the ball in the position it originally sat.

There is no penalty then for accidentally moving your ball with your club while searching for it. There would be, however, if you did it deliberately.

If you found your ball and identified it, then moved it with your club to improve your lie, you would incur a one-stroke penalty and would need to replace it.

If you played it from the new spot, you would have played from a wrong place and would be in line for a general penalty of two strokes in stroke play and loss of hole in match play.

Or, if you had gained a significant advantage by playing from the wrong place and then did not correct your mistake before teeing off at the next hole, you would be disqualified.

The answer to the question – I just moved my ball with my club while looking for it. Should I be penalised? Is – No. Not if you did so accidentally.



WMSS Summer Knock-Out Competition Draw



First Round Played by 30th April	Second Round Played by 31st May	Quarter Finals Played by 30th June	Semi Finals Played by 31st July	Final Played by 31st August
Stuart Rowe				
Paul Marshall				
Jim Crayston				
Graham Metcalf				
Paul Everleigh				
Steve Wells				
Tom Pickering				
Tony Fell				
	Nigel Cooke			
	Les Ramsay			
	John Doherty			
	Julian Worsdale			
	Paul Warman			
	John Bocking			
	John Capman			
	Colin Jehan			
Len Winch				
Alan Pretty				
Richard Johnson				
Graham Robinson				
Phil Wood				
Neill Campbell				
David Spencer				
Malcom King				

Format; Singles Matchplay. Handicap; 100% of Course Handicap. Tees; Whites

Ties at the end of 18 holes to be decided by Matchplay play-off over holes 1,2,17 and 18 from the **White** Tees. = Not Paid

Ties at the end of Matchplay Playoff will be decided by WhatsApp video draw made by **Julian Worsdale** and also send your results to juljul@ntlworld.com; Mob **07928 060802**.



Qualifying Competitions for the Order of Merit:

Scoring procedure:

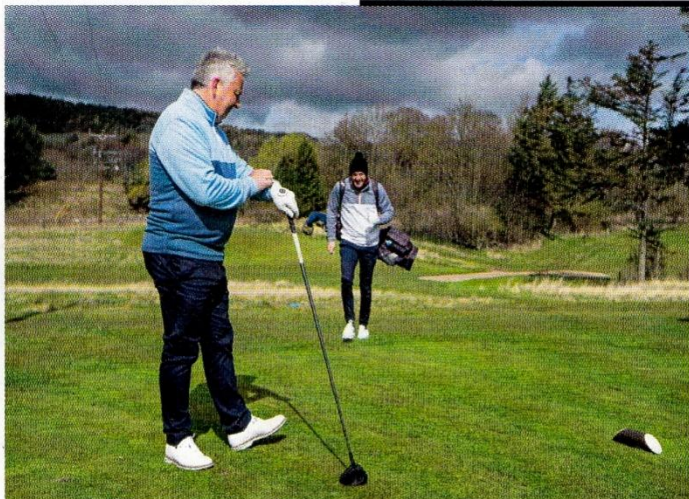
15points for 1st, 12 points for 2nd and 10 points for 3rd, then it goes down 9,8,7,6 etc to 12th place who gets 1 point.

Maximum of 240 points.

Information compiled and supplied by the competition Secretary.

	Order of Merit Top 10	25 th March 2026	U D S
1	S Boyes	15	U
2	C Taylor	12	U
3	B Bakewell	10	U
4	P Marshall	9	U
5	N Cooke	8	U
6	A Pretty	7	U
7	P Eveleigh	6	U
8	P Stancer	5	U
9	G Gilberthorpe	4	U
10	I McNab	3	U

Test your knowledge



1 In stroke play, Fergus arrives at the 1st tee three minutes later than his starting time due to heavy traffic. What is the ruling?

- A** There is no penalty.
- B** Fergus gets the general penalty (two strokes).
- C** Fergus is disqualified.



2 In stroke play, while taking embedded ball relief, Fergus drops a ball in the relief area but from lower than knee height. What is the ruling?

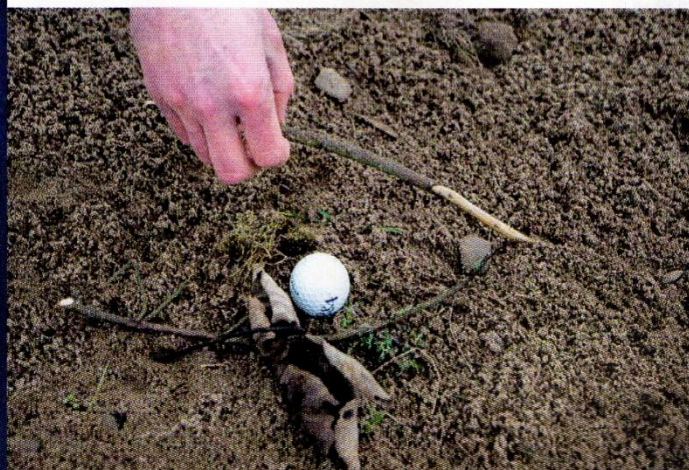
- A** Fergus gets one penalty stroke.
- B** Fergus gets the general penalty (two strokes).
- C** There is no penalty, but Fergus must drop again from knee height.

Quiz answers

1.B – Under Exception 1 of Rule 5.3a, if a player arrives at the starting point, ready to play, no more than five minutes late, the player gets the general penalty applied to their first hole. 2.C – Under Rule 14.3b, a ball must be dropped straight down from knee height, and if a ball is dropped in a wrong way, the player must drop a ball again in the right way. 3.A – Under Rule 15.1a, a player may remove loose impediments anywhere on or off the course, and may do so in any way. 4.A – Under Rule 16.1b, when taking relief from an abnormal course condition in the general area, the relief area must be in the general area.

3 In stroke play, Fergus removes a few twigs and leaves near his ball before playing out of a bunker. What is the ruling?

- A** There is no penalty.
- B** Fergus gets one penalty stroke.
- C** Fergus gets the general penalty (two strokes).



4 In stroke play, Jezz's ball comes to rest on a sprinkler head in the general area, right next to the putting green. Which of these is correct?

- A** Jezz must not drop a ball on the putting green.
- B** Jezz may drop a ball on the putting green.
- C** Jezz may place a ball on the putting green.



IN ASSOCIATION WITH THE






R&A

WMSS Fixture Calendar 2026.

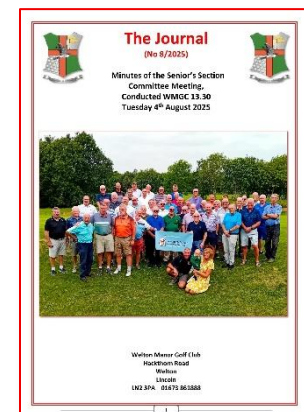
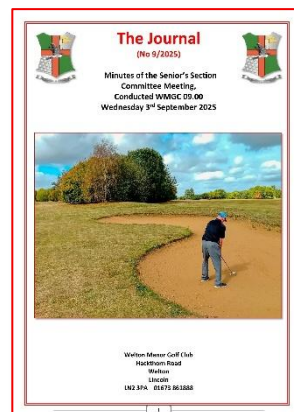
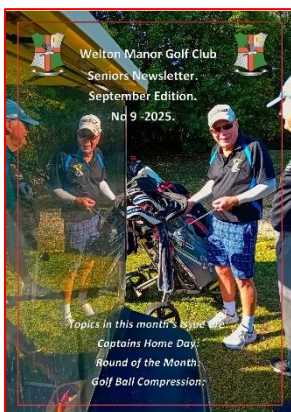
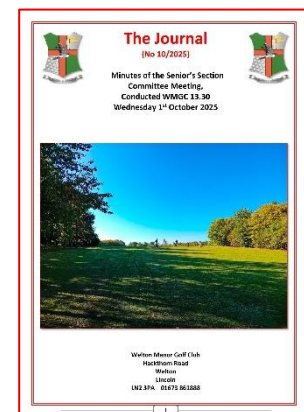
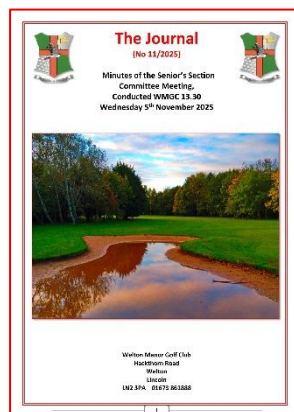
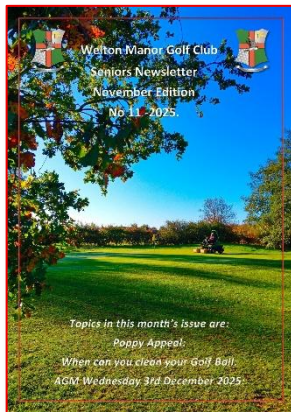
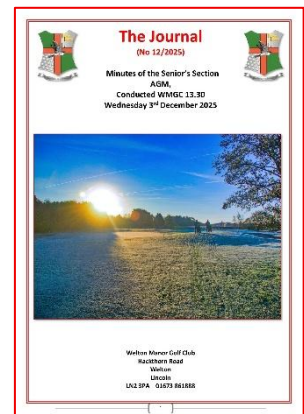
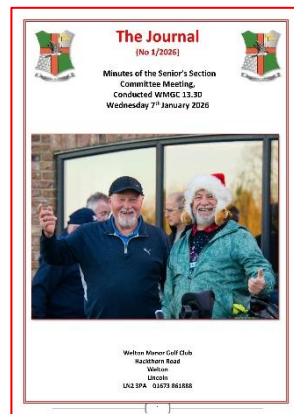
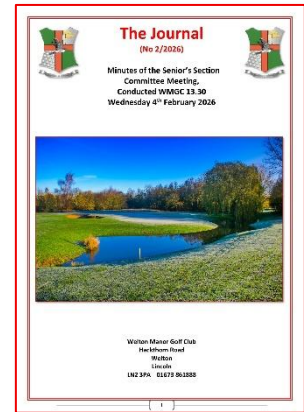
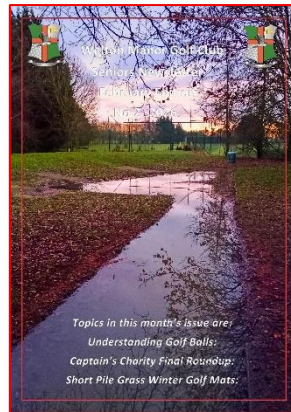
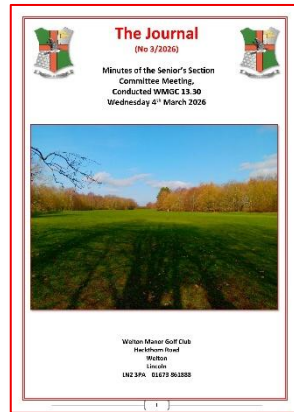
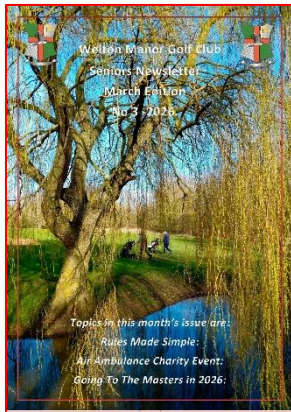
Date	Month	Day		Date	Month	Day
	January (1)				July (7)	
07	Whiskey Stagger (Y)*	Wed		01	Stableford (Y)*	Wed
14	Texas Scramble (Y)	Wed		08	Captains Charity Day	Wed
21	Greensomes Pairs Y	Wed		15	Monthly Medal (W) OM	Wed
28	3 Club + Putter (Y)	Wed		22	Club Champs (W) OM	Wed
				24	Club Champs (W) OM	Fri
	February (2)			29	Stableford (Y)	Wed
04	Texas Scramble (Y)*	Wed		30	Tetney (A)	Thurs
11	Stableford (Y)	Wed				
18	Foursomes (Y)	Wed			August (8)	
25	Greensomes (Y)	Wed		05	Woodthorpe (H)	Wed
				05	Stableford (Y)	Wed
				12	Stableford (W) (OM)	Wed
	March (3)			19	Captains Home Day	Wed
04	Medal (Y)*	Wed		26	Monthly Medal (W) OM	Wed
11	Stableford (Y)	Wed				
18	Par/Boggy (Y)	Wed			September (9)	
25	Monthly Medal (W) OM	Wed		02	Medal (Y)*	Wed
				09	Stableford (W)	Wed
	April (4)			16	Carholme (H)	Wed
01	Air Ambulance (Y) OM*	Wed		16	Stableford	Wed
08	Captain v Vice Captain	Wed		22	Laceby (H)	Tues
15	Calvert Cup (Y) OM	Wed		23	Monthly Medal (W) OM	Wed
20	Normanby Hall (H)	Mon		30	Stableford (W)	Wed
22	Monthly Medal (W) OM	Wed				
29	Carholme (A)	Wed			October (10)	
29	Stableford (Y)	Wed		07	Medal (Y)*	Wed
				09	North Shore (H)	Fri
	May (5)			14	Monthly Medal (W) OM	Wed
06	Stableford (Y)	Wed		21	Stableford (Y)	Wed
13	Memorial Shield (Y) OM	Wed		22	Normanby Hall (A)	Thurs
20	Monthly Medal (W) OM	Wed		28	Winter Shield (W) OM	Wed
27	Woodthorpe (A)	Wed			November (11)	
27	Stableford (Y)	Wed		04	Medal (Y)*	Wed
				11	Poppy Appeal (Y) OM	Wed
	June (6)			18	Stableford (Y)	Wed
03	Summer Shield (Y) OM*	Wed		25	Par/Boggy (Y)	Wed
05	North Shore (A)	Fri			December (12)	
10	Monthly Medal (W) OM	Wed		02	Stableford (Y) AGM	Wed
17	RJR Trophy (Y)	Wed		09	Medal (Y)	Wed
24	Captains Away Day	Wed		16	Turkey Trot (Y)	Wed
25	Tetney (H)	Thurs		23	Texas Scramble	Wed
30	Laceby (A)	Tues		30	Stableford (Y)	Wed

Revised 17th December 2025

Contact Your Committee for 2026.

	Position	Name	Contact Information
	Chairman	Alan Pretty	07810 431912
			alanpretty30@gmail.com;
	Captain	Simon Boyes	07792 426199
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