



Welton Manor Golf Club

Seniors Newsletter

May Edition

No 5 -2026.



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Captain Vs Vice Captain:

The 10 Best Golf Exercises for Seniors:

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Chairman's Comments:

*Alan Pretty, Seniors Chairman,
May 2026.*



Hello Gentlemen and welcome to this month's newsletter.

In this month's edition there's a reminder of the upcoming Captains Awayday to be held on 24th June at South Kyme Golf Club and a report from Simon and Alan on their Captain versus Vice Captain Match held last week. Jim's included a "thank you" letter he's received from the Notts and Lincs Air Ambulance Co-Ordinator and there's a report from the Competitions Team about a slight change they've made to the handicap index level at which our two divisions split. There's a report and some photographs from a day out our Monday-Friday Group of Golfers had at Rufford Park, and a Rules made Simple article from Tony. We've also included our usual Test your Golf Knowledge quiz and some other bits and pieces I hope you find of interest.

Thank you to everyone who entered our recent Air Ambulance competition and contributed to that charity. We raised an amazing £425.00 Well done to the competition winners; **Peter Crabtree** (D1) and **Paul Eveleigh** (D2) and congratulations to Bryan Bakewell and Len Winch who won the raffle and a behind the scenes visit to the Lincs and Notts Air Ambulance.

We also had a great Captain versus Vice Captains competition with the outcome being a very honorable draw although I understand Simon is claiming the bragging rights because he won his match against Alan! What a great day's golf it was with **£124.00** being raised for our Captains Charity. Thank you to everyone who played and for their generous contributions. (see pages 8 & 9).

We also had our first board competition of the year (the Calvert Cup) which was won by **Michael Coates** with a score of 38 points followed

closely by new members Barry Smith and Paul Warman. Well done to everyone who took part. .

As we move into the summer months, I hope you are all starting to get some decent rounds of golf in and are looking forward to some warmer weather. The course is starting to look really nice at the moment with the greens and fairways being well prepared by our greens staff.



Can I remind you that next week's competition (Wednesday 13th May) is our Memorial Shield. We play this competition annually in memory of our past Senior Members who are now no longer with us. This competition was introduced in 2013 and has been held annually ever since. The shield lists all previous winners but more poignantly it is a time to remember the names of previous members of the Section who have passed on; most recently **John Boyce**. Rest in Peace Gentlemen,

you are in our thoughts and will always be remembered.

This month I'm pleased to welcome new senior member **Nigel Hyams** to the Section. Welcome Nigel; as you get to know us all I know you 'll be made very welcome.

Finally, Summer is just around the corner, and I hope you're all looking forward to getting your shorts on, playing some warm weather golf and getting your handicaps down!

Good luck and happy golfing. **Alan Pretty Committee Chairman WMSS**



Captain's Column: *Simon Boyes, Seniors Captain, May 2026.*



A great start to the new season with sunny and dry weather improving the condition of the course week by week.

The Captain v Vice Captain was close fought resulting in a draw. I believe I take bragging rights as I beat Alan!

We played 2 friendly matches in April - winning 6 - 2 at home to Normanby Hall and losing 8 - 2 at Carholme against several old colleagues. Thanks to all those who took part. A special mention to Tony Crook for his excellent 74 in windy conditions and on bobbly greens.



The food van was well received at home which bodes well for future games. The food and hospitality at Carholme is always top notch.

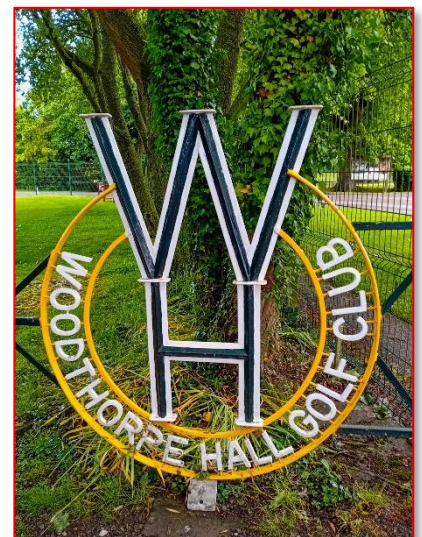
There are currently 14 names down for our next match,

Woodthorpe away on Wednesday 27th May so we need at least 2 more plus a couple of reserves please.

As you know, Captain's away day is at South Kyme on Wednesday 24th June. 8.30am arrival for coffee and bacon roll 9.30am 1st tee Food as you come in will be steak pie, chips and peas. Vegetarian options available.

Please confirm to me those wanting this option. The competition will be a standard stableford with no divisions. Prizes for 1st, 2nd, 3rd and nearest the pin. All this is for £30 thanks to a £10 contribution from the seniors fund.

I shall be attempting a sun dance a few days before in the hope the weather stays fair. 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 hope you're well.

That is absolutely fantastic news, a huge well-done to each and every one of you.

The money you've raised is enough to fund the following vital items:

- A blood warmer, used alongside Creda boxes to bring blood to the correct temperature before transfusion.
- A single-use pelvic splint, applied to patients with suspected pelvic fractures to help reduce blood loss.
- Enough fuel to keep our helicopter flying for 30 minutes, ensuring our crew can reach patients who urgently need help.
- A Blizzard blanket to prevent patients from cooling too much and to help maintain their body heat.
- Essential pads for a defibrillator, used when a patient suffers a cardiac arrest.
- Several IV kits, allowing patients to receive vital medications on scene, including antibiotics or pain relief.

So, on behalf of the Lincs & Notts Air Ambulance, and on behalf of our patients, thank you so much. Your support genuinely makes a difference.

Kind regards, **Charlotte Holland**

Community Fundraiser Lincs & Notts Air Ambulance.



Captain Vs Vice Captain:

8th April 2026.

Capt Simon Boyes & Vice Capt Alan Phillipson.



A great competition today aided by fantastic weather and a much improved course.

I got the Captain's team off to a winning start and waited in anticipation for my team to do the same. Some did and some didn't. It was nip and tuck all the way until the last match. Team VC won that and secured an honourable draw 6 - 6!



I claim bragging rights (obviously) as I beat VC Alan. (Might be easier when engraving the trophy)



Many thanks to all for the contributions to my charity which raised £124.00.

Congratulations to Jim Crayston who won nearest the pin and £23.

Therefore, the total towards the charity today is **£ 147.00**

Thanks again everyone.

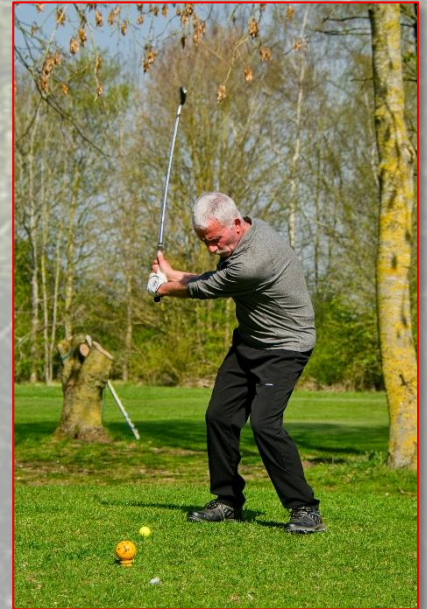
Simon Boyes Seniors' Captain 26



A fantastic day for my first Captain vs Vice-Captain showdown. Congratulations to Simon for beating me fair and square... though I'd argue it's much easier to engrave "Alan" than "Simon."



Big well done as well to the rest of the team for making sure we didn't lose overall —



clearly carrying me when it mattered most! The course was looking great today, so fingers crossed



the weather behaves itself from here on out.



Thanks to everyone who came along and made it a great day!



Alan Phillipson WMSS Vice Captain



Match No 1. Wednesday 22nd April. Team News from Normanby (Home).



	Player	Player	W/H/L
1	S. Boyes	A. Pretty	W 4 - 3
2	A. Phillipson	M. Flower	W 3 - 1
3	T. Crook	N. Campbell	W 3 - 2
4	R. Johnson	S. Wells	L 1 - 0
5	P. Wells	G Gilberthorpe	W 1 - 0
6	C. Taylor	J. Doherty	L 5 - 4
7	G. Robinson	B. Bakewell	W 3 - 1
8	T. Fell	L. Ramsay	W 2 & 1
Res	S. Rowe	Team Result	W 6 - 2



A glorious start to the season with a resounding 6 - 2 win. The weather was sunny but the stiff breeze caused some issues. The course is in good condition now and the greens are hard and fast, barely a pitch mark from our 4.





Fortunately, Alan and I dovetailed well to build and maintain a healthy lead before our opposition could handle the speed of the greens. Good use of my shots helped too.



The pulled pork and beef brisket rolls were well received by all, which provides a nice alternative to the fish and chip van.



Thanks to Hayley and Dave for organising this at quite short notice. Thanks also too to the team for a great result. Hopefully to be continued at Carholme next week.



Match No 2. Wednesday 29th April. Team News from Carholme (Away).



	Player	Player	W/H/L
1	S. Boyes	C. Jehan	L 2-1
2	A. Phillipson	P. Warman	L 1-0
3	T Fell	R. Read	W 6-4
4	T. Crook	P. Wood	W 2-0
5	A. Pretty	L. Ramsay	L 4-3
6	N. Cooke	B. Bakewell	L 4-2
7	T. Pickering	C. Taylor	L 4-3
8	S. Wells	P. Wells	L 5-4
9	P. Cant	M. Flower	L 2-1
10	N. Campbell	G. Gilberthorpe	L 5-4
Res		Team Result	L 8-2



The promise from last week was snatched away today with a 8 - 2 thumping. It was a sunny but windy day on a lush course with bumpy greens. Not even placing on the fairways helped. My match got off to a great start as Col birdied the 1st. Then Nick Hunter came into his own with some very steady play. Even a par by yours truly lost the hole. The match remained close until Kev, their captain for the day turned up for the last few holes.



Everybody appeared to enjoy the day with an excellent pork roast carvery and eton mess for pudding. It was good to see Sam Mitha (although Alan Pretty might not agree), Mike Morley and Nick.



My thanks to all the team for their efforts but 'must try harder'.

Our next match is at Woodthorpe on 27th May so plenty of time to practise.



Simon Boyes Seniors' Captain 26

The 10 Best Golf Exercises for Seniors to Improve Strength and Flexibility. (parts6-10)



6. Pallof Press:



Data from Trackman shows that the club speed of the average male amateur golfer is 93.4mph. This translates to compressive forces on the lower back of up to 8x body weight.

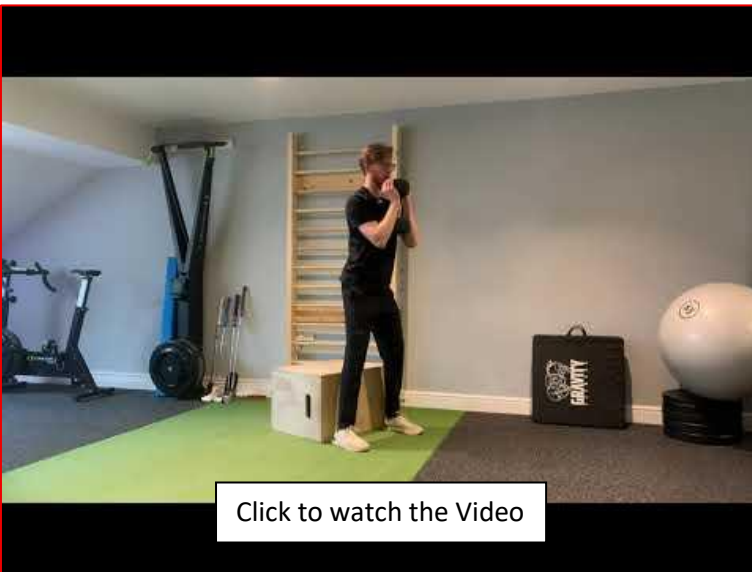
To protect the lower back from pain and injury, sufficient core stability is therefore essential.

In case you were wondering core stability is different to core strength. Whereas core strength refers to the ability of the core to *produce* force, core stability refers to the ability of the core to *resist* force. Lack of core stability, specifically, is linked to lower back pain in golfers.

The Pallof Press is one of the best golf exercises for seniors to develop core stability and protect the lower back.

Other exercises to try: *Offset Kettlebell Carry, Side Plank.*

7. Goblet Squat to Box:



If you're a serious golfer, you've almost certainly heard of ground reaction forces (GRFs).

There are 3 types of GRFs, but the ones we need to pay the most attention to are vertical GRFs. Research has found that vertical GRFs are key to maximising clubhead speed and therefore distance.

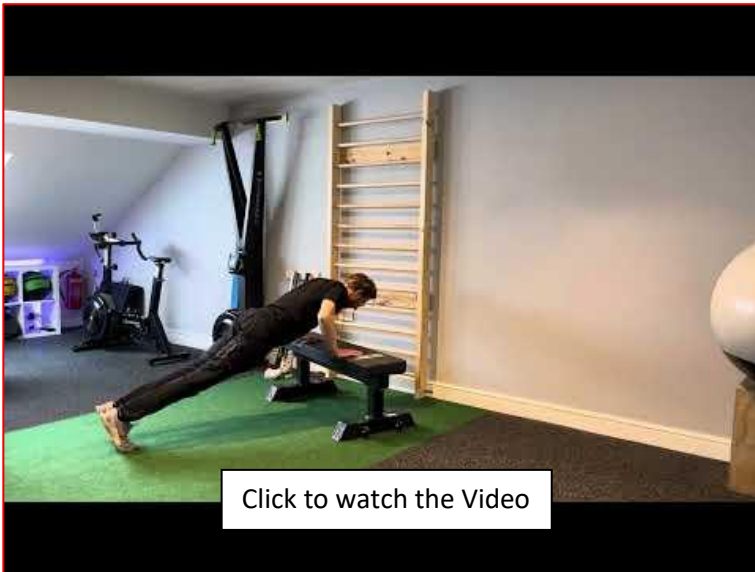
To increase vertical GRFs, we need to build strength in the lower body.

My favourite exercise for this is the goblet squat to a box. Squats are generally a great exercise for developing the musculature of the lower body. What's great about the goblet squat, in particular, is that it forces you to learn the correct technique.

I like to have my senior golfers squat to a box so that they're squatting to the same depth with every rep.

Other variations to try: *Eccentric Split Squat, Side to Side Squat*

8. Incline Push-Up:



It's true that most of the power in the golf swing comes from the lower body, but this doesn't mean we can neglect the upper body. There is a strong correlation between upper body power, clubhead velocity and ball velocity.

My favourite upper body exercise for senior golfers is the incline push-up for a number of reasons:

- It doesn't involve going overhead. There's no question that overhead work is important, but many seniors lack mobility in this area. Attempting to build strength and power overhead without sufficient mobility is a recipe for disaster.
- The incline push-up is easy to learn and perform safely.
- You can do it anywhere.
- It's easy to adjust the difficulty by lowering the height of the surface you are performing the exercise against.

If you are performing full push-ups, with good form, on the floor you can then further increase the difficulty with a number of variations or by elevating your feet (at which point it becomes a decline push-up).

Other variations to try: *Low-Incline Eccentric Push-Up, Incline Power Push Up*

9. Pelvic Tilts:



Click to watch the Video

You'd be forgiven for wondering what this movement has to do with your golf swing.

It's difficult to see at full speed, but top players posteriorly tuck their pelvis at impact.

It's a subtle, yet key movement, that helps them transfer the maximum amount of power

from the lower body to the upper body and into the ball.

The inability to tuck the pelvis not only robs the player of power but can also lead to a swing characteristic that is notorious for producing inconsistent ball striking: early extension (straightening up too early on the downswing).

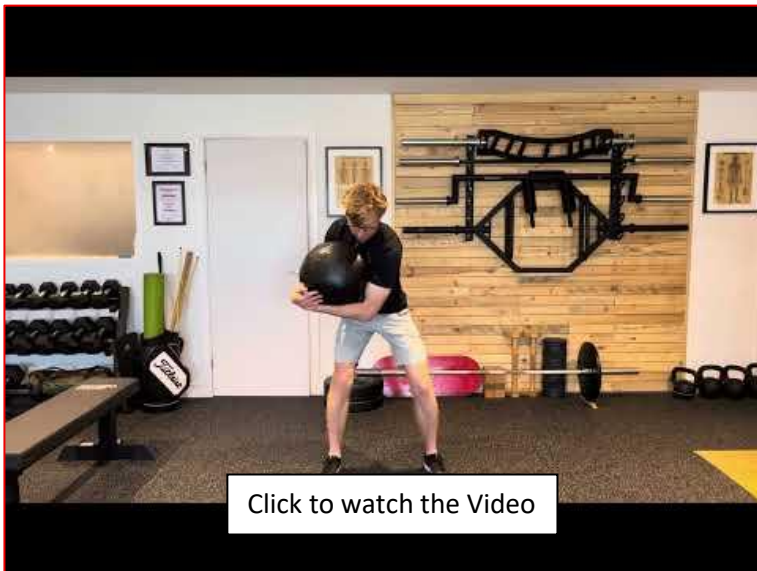
For some people, this movement will feel incredibly easy. But for others,



particularly seniors, it can be challenging. If you struggle with this movement, practising it against a wall or the floor is a great place to start. Focusing on flattening your lower back against the wall or a floor is a helpful feedback mechanism.

Other variations to try: *Address Position Pelvic Tilt, Wall-Assisted Pelvic Tilt*

10. Loaded Follow-Through



A proper weight shift is key to maximising your power in the golf swing.

It allows you to explode through the ball, turn better, and create length in your swing.

Unfortunately, this is one of the most common things I see senior golfers struggling with.

They get stuck and don't get

through to their lead side, which results in a huge loss of power and distance.

One of my favourite golf exercises for seniors to work on the weight shift is the Loaded Follow-Through. The key to this drill is releasing the trail foot so that the sole of the shoe faces away from the target, allowing the trail hip to fully rotate.

Other exercises to try: Sidestep to Balance, Kickstance Pendulum

by [Jon Hodgkinson](#)





Monday - Friday Group go to Rufford Park.



The Monday -Friday morning WMSS golfers who like to play early at Welton had a fantastic day out at Rufford park on Friday 10th April.

The reason this happened was on the Captains awayday last year Rufford park presented a complimentary 4 Ball voucher to Colin, which was auctioned at the Charity day. The M-F group bid and won the Voucher so this year we arranged a day out using the free 4 ball.

When this was posted on the group WhatsApp the response was amazing and with 16 WMSS members signed and paid up along with 2 reserves the date was set.

Tony Crook was asked to organize the competition on the day and in his way, it was brilliantly done, members turned up, and apart from paying for their individual buggies only had to fork out a pound for the nearest the pin and collect their filled-out score card.

After a tea and bap, the stage was set for a great day's golf, for those who do not know Rufford it's a very well maintained and picturesque course with some interesting and challenging holes.






The results from the day where 1st **Alan Pretty** 37 points 2nd **Colin Jehan** 34 points 3rd **Richard Johnsdon** 31 points and nearest the pin **Mick Clark**, but the biggest winner was last years charity which we raised **£100.00**.

Thanks go to all the M-F group for supporting the event and hopefully we can repeat the day following Simon's charity this year in 2027.

So, if any WMSS groups go out and about and would like to tell their stories and course information along with some photographs please fell free to send them in and share with the WMSS. **Richard Johnson WMSS Sec.**



Messages from the Competition Team.

				
Competition Sec. <i>Graham Robinson</i>	Asst Competition. <i>Julian Worsdale.</i>	WMSS	Handicap Sec. <i>Tony Crook.</i>	Starter. <i>Steven Wells.</i>

Now the season is up and running there are plenty of scores being entered and handicaps adjusted accordingly, and two new members who have submitted cards and now have an allocated handicap, so they can play in competitions.

We had one issue through the month, when the details for a new member had not transferred correctly, resulting in his handicap not updating after scores were input at Welton. This has now been resolved and a competition result amended after discussion and agreement with the relevant players.

Please note if you have any issues or questions regarding your handicap or inputting a score after a casual round please contact me and I should be able to sort the issue. Regards ***Tony***.



Up and Coming Starters List.



Date	Competition	Tees	OOM	Starter
13th May	Memorial Shield	Yellow	Yes	C Taylor
20th May	Monthly Medal	White	Yes	N. Campbell
27th May	Stableford	Yellow	No	S. Rowe
3rd June	Summer Shield	Yellow	Yes	C. Jehan
10th June	Monthly Medal	White	Yes	A. Pretty

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,
May 2026.*



I dropped my glove on my ball, and it moved. Is that a penalty?



If your golf glove falls out of your back pocket and drops onto your ball, causing it to move, are you in line to face a penalty?

Your golf glove dropped on golf ball. What happens here?

Imagine the scenario: You're facing a testing shot to a tricky green with your ball sitting nicely in the fairway.

Standing right beside your ball, you want to check the distance one more time. You reach into your pocket for your yardage book and remove it. In so doing, you dislodge your golf glove which was also in your pocket. It falls towards the ground.

You desperately try to catch it but are just too late, the glove falls onto your ball and causes the ball to move slightly off its spot. Oh dear. What do you do next? What do The Rules say? Are you penalised?

Unfortunately, if you cause your ball to move you will normally receive one penalty stroke under Rule 9.4b.

That would be the case in this scenario, if your glove or any other equipment, you're using including clubs, bags and trolleys.

Although it was totally accidental, you have caused your ball to move on the fairway. It would be the same penalty if you accidentally nudged the ball with your foot or with your club when you addressed it.

What you must do next is important. As you have caused your ball to move, you must replace it before you make your next stroke.

If you don't replace it and make a stroke at the ball in its new position, your one-stroke penalty will be upgraded to a [general penalty](#) of two strokes in stroke play or loss of hole in match play. That is because you have now played a ball from a wrong place, in breach of Rule 14.7a. And that penalty becomes applicable.

Under an exception to Rule 1.3c. There are not multiple penalties, only the general penalty applies.

Things would have been different if your ball had been on the putting surface, as in the picture above. If you accidentally cause the ball to move on a putting surface, there is no penalty. That's Rule 13.1d(1).

So, if your glove fell onto your ball on the green and caused it to move off its spot, there would be no penalty, and you should replace the ball on its original spot.

But you still need to be careful, if you don't replace it on its original spot on the putting green and make a stroke at it, you would incur the general penalty for breaking Rule 14.7a.

If your glove drops on your ball and causes it to move anywhere on the course other than the putting green, it's a one-stroke penalty and you must then replace the ball on its original spot.

If your glove drops on your ball and causes it to move on the putting surface then, there is no penalty, but you must still replace the ball on its original spot.



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			
Paul Marshall				
Jim Crayston	Jim Crayston			
Graham Metcalf				
Paul Everleigh	Steven Wells			
Steve Wells				
Tom Pickering	Tony Fell			
Tony Fell				
	Nigel Cooke			
	Les Ramsay			
	John Doherty	John Doherty		
	Julian Worsdale			
	Paul Warman	John Bocking		
	John Bocking			
	John Capman			
	Colin Jehan			
Len Winch	Len Winch			
Alan Pretty				
Richard Johnson	Richard Johnson			
Graham Robinson				
Phil Wood	Phil Wood			
Neill Campbell				
David Spencer	Malcom King			
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.

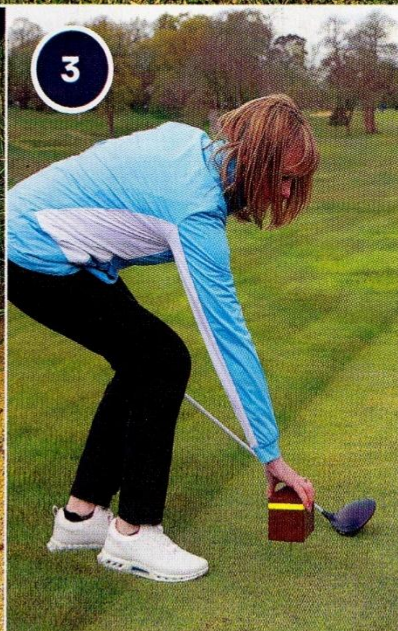
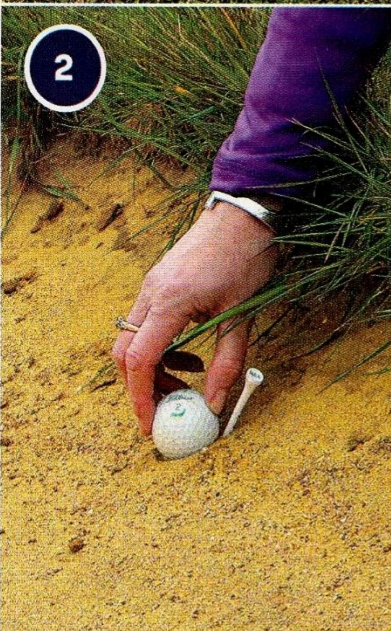
	Order of Merit Top 10	1 st May 2026	U D S
1	B Bakewell	25	U
1	P Eveleigh	25	U
3	P Marshall	24	U
4	S Boyes	19	D
5	N Campbell	16	D
5	R Johnson	16	U
7	N Cooke	15	D
7	P Crabtree	15	D
7	M Coates	15	U
10	G Metcalfe	13	U

TEST YOUR KNOWLEDGE



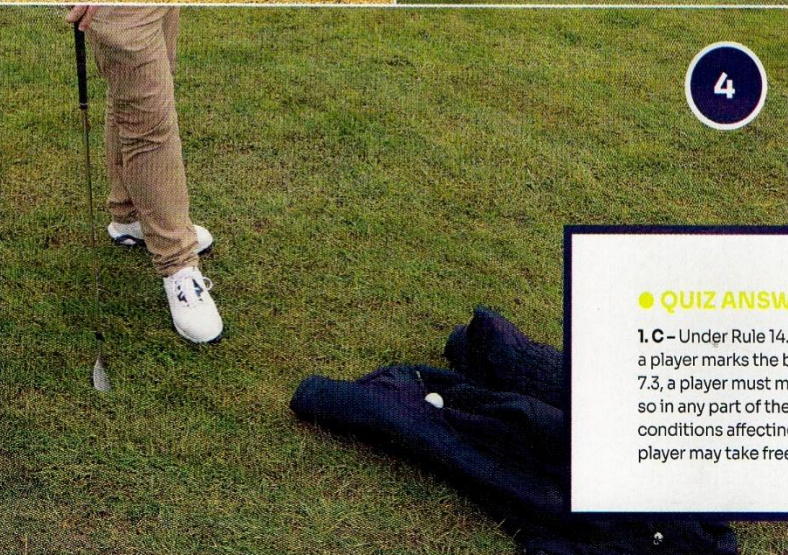
1
In match play, Alison has lost her ball-marker and marks the position of her ball with a stone. What is the ruling?

- A. There is no penalty.
- B. Alison receives the general penalty.
- C. Alison receives a one-stroke penalty.



2
Alison believes her ball to be in the bunker but wishes to identify it. She places a tee in the sand and positively identifies her ball. What is the ruling?

- A. There is no penalty.
- B. Alison receives the general penalty as you cannot identify your ball in a bunker.
- C. Alison receives the general penalty for testing the sand by placing a tee in it.



3
Alison is in the teeing area and moves a tee marker interfering with her stance before playing. What is the ruling?

- A. There is no penalty.
- B. Alison receives the general penalty.
- C. There is no penalty but other players in the group can decide if the stroke is recalled.

4
Jezz finds that his ball has come to rest on a jacket dropped by the group in front. What is the ruling?

- A. Jezz can remove the jacket and play the ball where it comes to rest.
- B. Jezz must play the ball as it lies as the ball will move when he removes the jacket.
- C. Jezz can remove the jacket, and drop a ball without penalty within one club-length, not nearer the hole, right under where the ball came to rest on the jacket.

● QUIZ ANSWERS







1. C – Under Rule 14.1 and Definitions, a ball must be marked with an artificial object. If a player marks the ball in a wrong way they get a one-stroke penalty. **2. A** – Under Rule 7.3, a player must mark the position of the ball when lifting to identify it and can do so in any part of the course. **3. B** – Under Rule 6.2b, the player must not improve the conditions affecting the stroke by moving a tee marker. **4. C** – Under Rule 15.2a, the player may take free relief when the ball is on a movable obstruction.

WMSS Fixture Calendar 2026.

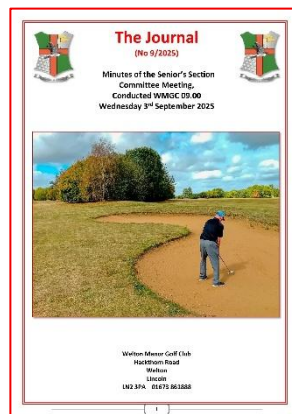
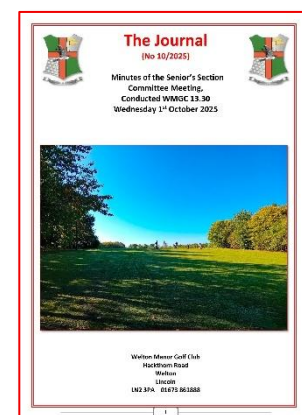
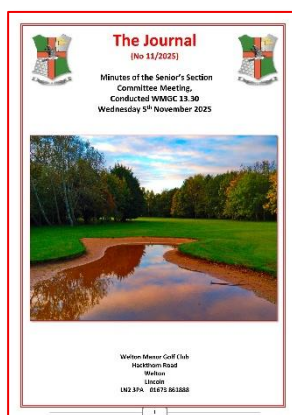
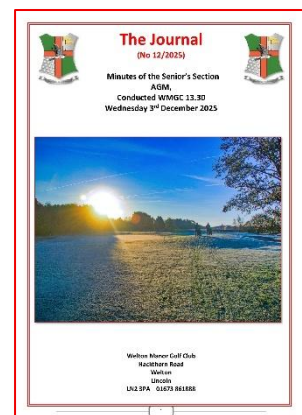
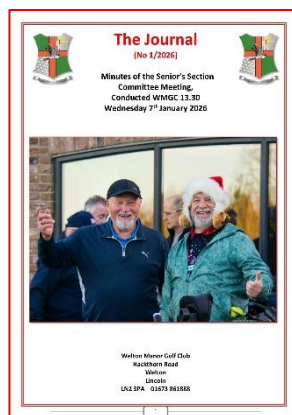
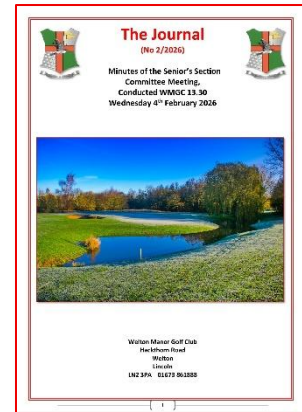
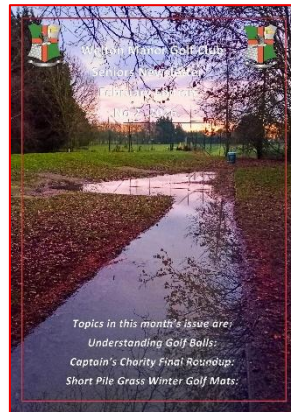
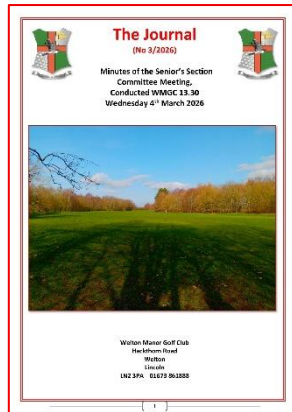
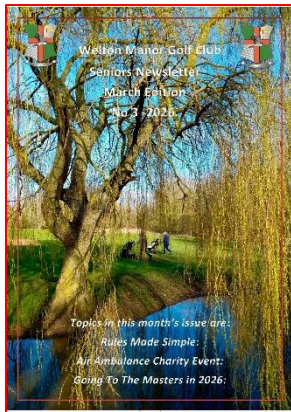
Date	Month	Day		Date	Month	Day
	January (1)				July (7)	
07	Whiskey Stagger (Y)*	Wed		01	Stableford (Y)*	Wed
14	Texas Scramble (Y)	Wed		08	Captains Charity Day	Wed
21	Greensomes Pairs Y	Wed		15	Monthly Medal (W) OM	Wed
28	3 Club + Putter (Y)	Wed		22	Club Champs (W) OM	Wed
				24	Club Champs (W) OM	Fri
	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.

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