



Welcome Senior Bowlers



to the

29th ANNUAL SENIOR NATIONAL CHAMPIONSHIPS

Supported by



Thursday 22nd - Sunday 25th May 2025

Gold Event Oil Pattern Kegel Beaten Path (50 ml)

COMPETITORS' INFORMATION PACK

ITBA Senior Sub-Committee	
Chair:	Áine Lebioda
Treasurer:	Ray Bergan
Secretary:	Kevin Horton
Committee Member:	Paul McCauley
Score Keeper:	Mark Higson
Score Keeper:	Stephen Ekermans
ESBC Contact:	Pat Holmes



Tournament Rules

1. The Tournament is sanctioned by the ITBA and the ITBA/EBF general playing, and tournament rules will apply. For more information on EBF championship rules see, <http://etbf.eu/wp-content/uploads/ORG-Rules.pdf>
2. To be eligible to bowl in the Senior Touring League all bowlers must be aged 49 or older and be a current member of the ITBA and must be prepared to produce their membership card when registering to bowl.
3. Athlete must wear a bowling shirt whether it be a collared polo, new style of bowling shirt with large, rounded collar, or dye sublimated, the definition of this is a shirt directly affiliated within the Tenpin Bowling Industry. The bowling shirt must not contain any logos which compromise the integrity of the ITBA.
4. Note: it is no longer a requirement for bowlers to have their full name or surname clearly visible in either print or embroidery on the back of a collared shirt or sports shirt. However, if you wish, you can continue to wear your bowling shirts with your name embroidered on the back.
5. Participants may wear plain-coloured - dress slacks, plain coloured tracksuit bottoms, sports leggings, tailored golf shorts, skirts or skorts. Length of skirt, skorts or shorts must be below the participant's fingertips when they are standing, and their arms are hanging down at their side. Length of skirt, skorts, and shorts MUST be long enough to not see your bottom area (even if covered by under shorts) at any time, standing or bent over.
6. It is the bowlers' responsibility to ensure that their bowling balls conform to the latest 'United States Bowling Congress Approved Bowling Ball List' specifications for weight, balance, and hardness.
7. All bowling balls must be registered prior to the start of the Tournament maximum of 10 balls. No replacements or additions will be allowed once the first event has started, and no modifications of a bowling ball shall be permitted apart from the altering of the surface as described below. In very special circumstances the Championship Committee may allow a replacement of a registered bowling ball once the first event has started.
8. Random checks of the identity of the bowling balls used in competition will be performed during the squads at the discretion of the Championship Committee.
9. Adjusting of the surface of the bowling ball by means of scrub sponges, scoring pads, and polish that are on the list of approved products may be done only during any practice session and between any block of games, as well as between semifinals and finals of an event, provided it is done outside of the athletes' area.
10. Altering the surface of the bowling ball by means of bonded or coated abrasives may only be done in a designated area (before the approach area) and only during any practice session, and between any block of games, as well as between semi-finals and finals of an event.
11. Registration will close 10 minutes before bowling is due to commence, and practice will start. Bowlers arriving late will not be allowed to bowl and cannot be moved to another squad.
12. A provisional ball shall be rolled in the case of any dispute which cannot be resolved immediately.
13. Any complaint must be made in writing to the Tournament Committee within 30 minutes of the end of the squad in which the issue in question occurred. Decisions made by the Joint Tournament Committee during the Championships will be binding on all parties
14. The Tournament Committee will be Barbara Sloan (Tournament Manager), Áine Lebioda, Kevin Horton, Ray Bergin, Paul McCauley, Mark Higson, Stephen Ekermans, and Pat Holmes and their decision on all matters will be final.
15. Bowlers must comply with Sport Ireland anti-doping rules in line with the World Anti-Doping Policy and will not be permitted to smoke or consume alcohol during any of the bowling events.
16. **Coaching is not permitted during tournament play.**
17. Bowlers are reminded that they must be ready to bowl when it is their turn, one lane courtesy being observed on either side.
18. Mobile phones must be switched to silent mode during play.
19. This Tournament is a Scratch and Handicap event, and medals will be awarded to 1st, 2nd & 3rd places in both Scratch and Handicap sections.
20. The Scratch medal winners will be awarded first, based on scratch scores, and the Handicap medals will be awarded from the remaining Bowlers/Teams based on handicap scores.
21. A scratch score will win a medal in the handicap section if that bowler/team score is higher than one that includes a handicap.
22. High Game medals (man and woman) will be awarded for highest game (including Mixed Doubles).
23. The top male and female bowler on handicap score, who do not qualify for the scratch Masters, will hold the Bernard Groves Memorial trophies for one year.
24. In the event of a tied situation at any stage in the Championships, highest last game (scratch) will prevail.

25. The winner of the ladies' scratch singles will hold the Elspeth Gailey Memorial trophy for one year and the winner of the men's scratch singles will hold the Larry O'Leary Memorial trophy for one year.
26. Ranking Points will be awarded based on current gold points for Ladies and Men, for scratch pinnfall from the Singles, Doubles and Trios events.
27. Ranking Points will only be awarded to those who bowl in all three main events, i.e. Singles, Doubles and Trios (there are no ranking points for the Mixed Doubles).
28. Special consideration will be given to bowlers, in extenuating circumstances, who cannot compete in all the events (e.g. due to hospitalisation, injury, bereavement).
29. The Tournament Committee will permit no unreasonable delay in the progress of any game. Should a competitor refuse to proceed with a shot/game after being directed to do so, that game will be forfeited.
30. Bowlers must comply with instructions issued by Lane Marshalls (Tournament Manager). Failure to comply may result in disqualification.
31. All bowlers/Captain must sign the official score sheets on completion of each squad; unsigned score sheets may result in the loss of these scores.
32. The use of talcum powder, open rosin bags/grips sacs, or similar substances, presents a serious hazard and will not be permitted in the bowling area, on approaches / shoes.
33. Any individual whose conduct is derogatory or not to be in the best interest of the sport, on or off the lanes, during the entire period of the Championships may be disqualified from the tournament and will be reported to the National Governing Body.
34. The consumption of food or drink will not be permitted in the bowlers' area.



Wishing all bowlers the very best of luck in the **Senior Tenpin
Bowling Championships!**
Proud to support our bowling community — roll strong and strike often!

From Mark all of us at ALSAA

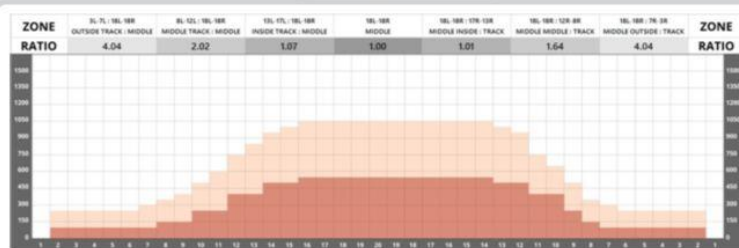




BEATEN PATH (50 ML)



DISTANCE:	41 FEET	VOLUME:	24.25 mL
RATIO:	4.04:1	FORWARD:	12.05 mL
DROP BRUSH:	41 FEET	REVERSE:	12.2 mL
TANKS:	KEGEL	PUMP:	50 μ L



FORWARD LOADS DATA

#	START	STOP	LOADS	MICS	SPEED	BUFF	TANK	DISTANCE	T.OIL
1	2L	2R	2	50	10	3	A - KEGEL	0 → 1	3,700
2	8L	8R	1	50	14	3	A - KEGEL	1 → 3	1,250
3	10L	9R	2	50	14	3	A - KEGEL	3 → 7	2,200
4	12L	10R	3	50	14	3	A - KEGEL	7 → 13	2,850
5	14L	12R	2	50	14	3	A - KEGEL	13 → 17	1,500
6	16L	14R	1	50	18	3	A - KEGEL	17 → 20	550
7	2L	2R	0	50	18	3	A - KEGEL	20 → 27	0
8	2L	2R	0	50	22	3	A - KEGEL	27 → 34	0
9	2L	2R	0	50	26	3	A - KEGEL	34 → 41	0

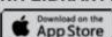
REVERSE LOADS DATA

#	START	STOP	LOADS	MICS	SPEED	BUFF	TANK	DISTANCE	T.OIL
1	2L	2R	0	50	30	3	A - KEGEL	41 → 32	0
2	15L	13R	1	50	22	3	A - KEGEL	32 → 29	650
3	13L	12R	2	50	18	3	A - KEGEL	29 → 24	1,600
4	11L	11R	2	50	18	3	A - KEGEL	24 → 19	1,900
5	9L	9R	1	50	18	3	A - KEGEL	19 → 16	1,150
6	7L	7R	1	50	14	3	A - KEGEL	16 → 14	1,350
7	2L	2R	3	50	14	3	A - KEGEL	14 → 8	5,550
8	2L	2R	0	50	14	3	A - KEGEL	8 → 0	0

Created Jul 08, 2023



KEGEL PATTERN LIBRARY APP



PATTERNLIBRARY.KEGEL.NET



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General Strategy – Kegel Beaten Path (41' / 50 mL)

Pattern Specs (Updated):

- Length: 41 feet
 - Volume: 50 mL (Heavy for this length)
 - Ratio: 4.04:1 (Sport-level but moderately forgiving)
 - Shape: Tapered toward outside—guides you to "beaten path"
-

Lane Play – Angles & Target Zones

Early (Fresh) – Hold in the middle, playable outside

- Ideal Line: Arrows 12–14 → exit point 10
- Stay between 2nd and 3rd arrows, targeting the track area
- 4:1 allows a bit of miss-room in, but not much miss right
- Shot shape: Slight belly, controlled arc (not skid-flip)

Mid Block – Transition

- Move 2–3 boards inside with your feet, 1–2 boards with eyes
- Target: Arrows 15–17 → Breakpoint 8–10
- Watch for early hook in the track, may need to smooth out surface or change to cleaner ball

Late (Breakdown)

- Moving in deep : Arrows 18–22 → Breakpoint 10–13
 - Use cleaner covers and strong backend motion
 - Rev-dominant players can open up more; speed-dominant players should stay straighter
-

Ball Selection by Phase

Phase	Ball Type	Cover / Surface	Notes
Fresh	Symmetrical solid	2000–3000 grit	Read midlane, control shape
Transition	Hybrid / Medium pearl	Factory or light polish	Maintain shape, avoid over-read
Late	Pearl asymmetric / Strong pearl	Polished or shiny box finish	Energy retention, backend motion

Top Ball Examples:

- Fresh: Storm Phaze II, Motiv Jackal Ambush, Hammer Black Widow 2.0
 - Transition: Roto Grip TNT Infused, Motiv Supra Rally, Storm Hy-Road
 - Late: 900 Global Zen, Track Stealth Pearl, Storm Fate
-

Breakpoint Targeting

With 4.04:1, your breakpoint can shift wider than on flatter sport patterns. General guidance:

- Breakpoint zone: 6–10 just beyond 41 feet
 - You want your ball to enter the friction outside without over-skidding or jumping
-

Key Adjustments

Lane Read	What's Happening	Your Move
Hooks too early	Track is burning	Move left, ball down, add speed
Doesn't hook	Too much oil middle	Add surface, slow speed, move right
Leaving splits	Over/under reaction	Soften angles, use smoother ball motion

Tips for Success on 4.04:1 Beaten Path

- Play within the pattern—avoid extremes until the lane forces you
- Manage your transition—don't chase too deep too fast
- Surface prep matters—match ball surface to volume and your rev rate
- Spare shooting is crucial—the flatter ratio means more corner pin leaves



Earl Anthony

Schedule

Thursday 22nd May	Date	Check in	Start
Mixed Doubles (3 games) Squad 1	Thursday 22 nd May	18.30 – 18.50	19:00pm to 20:30pm
Lane Maintenance 20:30 to 21:00			
Mixed Doubles (3 games) Squad 2	Thursday 22 nd May	20:30 20:50	21:00 to 22:30
Friday 23rd May.	Date	Check in	Start
Ladies Doubles (4 games) Squad 1	Friday 23 th May.	18.30 – 18.50pm	19:00 to 20:30
Lane Maintenance 20:30 to 21:00			
Ladies Doubles (4 games) Squad 2	Friday 23 th May.	20:30 to 20:50	21:00 to 22:30
Saturday 24th May			
Gents Doubles (4 games) Squad 1	Saturday 24 th May.	8:30 to 8:50am	09:00 to 10:30
Lane Maintenance 11:00 am to 11:30 am			
Gents Doubles (4 Games) Squad 2	Saturday 24 th May.	11:00 to 11:20	11:30 to 13:00
Lane Maintenance 13:30 to 14:00			
Ladies Singles (5 games)	Saturday 24 th May	13:30am to 13:50pm	14:00 to 16:30
Lane Maintenance 16:30 to 17:00			
Gents Singles (5 games) Squad 1	Saturday 24 th May	16:30 to 16:50	17:00 to 20:00
Lane Maintenance 19:30 to 20:00			
Gents Singles (5 games) Squad 2	Saturday 24 th May	19:30 to 19:50	20:00 to 23:00
Sunday 25th May			
All Doubles Medal Presentations			
Trios Squad 1 (3 games) squad 1	Sunday 25 th May.	8:30 to 8:50 am	09:00 to 11:00
Lane Maintenance 11:00 to 11:30			
Trios Squad 2 (3 games) Squad 2	Sunday 25 th May.	11:30 to 11:20	11:30 to 13:30
Trios Medal Presentations and Lane Maintenance			
Lane Maintenance 13:30 to 14:00			
Masters Finals			
Top 6 Men & 4 Ladies Round Robin (scratch)	Sunday 25 th May.	13:30 to 13:50	14:00 to 14:30
Singles, All Events and Masters Medal Presentations Sunday 25 th 16:00 approximately.			

Thursday 22nd May 2025

Lane Assignments

Event		Date	Check in	Start
Mixed Doubles (3 games) Squad 1		Thursday 22 nd May.	18:30pm to 18:50pm	19:00 – 20:30
Lane	Mixed Doubles (no lane moves)			
1	Lorraine Keane	Ken Foley		
2	Elaine Lalor	Liam Hogan		
3	Dympna Kestell	Paddy Dunne		
4	Anita Watts	Nickey O'Malley		
5				
6	Pat Holmes	Tom Byrne		
7	Ursula Ekermans	Stephen Ekermans		
8	Margaret McConkey	Liam O'Rafferty		
9	Donna Horton	Kevin Horton		
10	Maeve O'Reilly	Ken O'Reilly		

Lane Maintenance 20:30 to 21:00

Event		Date	Check in	Start
Mixed Doubles (3 games) Squad 2		Thursday 22 nd May.	20:24 to 21:05	21:15 – 23:00
Lane	Mixed Doubles (no lane moves)			
1	Martina Shortt	Kieran Shortt		
2	Theresa Watts	Philip Watts		
3				
4				
5				
6				
7				
8				
9				
10				

Friday 23rd May 2025

Event		Date	Check-in	Start
Ladies Doubles (4 games)		Friday 23 rd May	18:00 – 18:20pm	18:30 to 20:30
Lane				
1	Anita Watts		Theresa Watts	
2	Mary Heffernan		Ursula Ekermans	
3	Elaine Lalor		Dympna Kestell	
4	Pat Holmes		Lorraine Keane	
5	Maeve O'Reilly		Margaret McConkey	
6	Martina Shortt		Donna Horton	
7	Anita Watts		Theresa Watts	
8				
9				
10				
Ladies move 2 lanes to the right after each game				



Saturday 24th May – Gents Doubles Squads

Gents Doubles (Move two lanes to the right)

Event	Date	Check in	Start
Gents Doubles (4 games) Squad 1	Saturday 24th May.	08:30 - 08:50	09:00 - 11:00
Lane	Gents Doubles (Move two lanes to the right)		
1	Christy Scully	Des Vella	
2	Liam O'Rafferty	Jim Finnerty	
3	Liam Byrne	Philip Watts	
4	Ray Bergin	Jim Donagh	
5	Rodney Peacock	Joe Ridgeway	
6	Peter Murphy	Shay Kelly	
7	Paddy Dunne	Tommy Fetherston	
8	Ken O'Reilly	Patrick Kemmy	
9	Tom Byrne	Nickey O'Malley	
10	Terry Bride	Paddy Gibbons	

Lane Maintenance 11:00 to 11:30

Event	Date	Check in	Start
Gents Doubles (4 games) Squad 2	Saturday 24th May.	11:00 - 11:20	11:30- 13:30
Lane	Gents Doubles (Move two lanes to the right)		
1	Paul McCauley	Kevin Horton	
2	Ken Foley	Paul Molphy	
3	Paulo DiTofano	Kieran Shortt	
4	Haulie Storan	Paul Stott	
5	Ken Marshall	Stephen Ekermans	
6	Fergal McLoughlin	Alan McDonnell	
7	John R Wilson	Johan Britz	
8	Adrian Rutherford	Stephen Tully	
9	Liam Hogan	Mark Higson	
10	Paddy Kilduff	Tommy Nolan	

Lane Maintenance 13:30 to 14:00

All Doubles Medal Presentations



Saturday 24th May 2025 – Ladies Singles

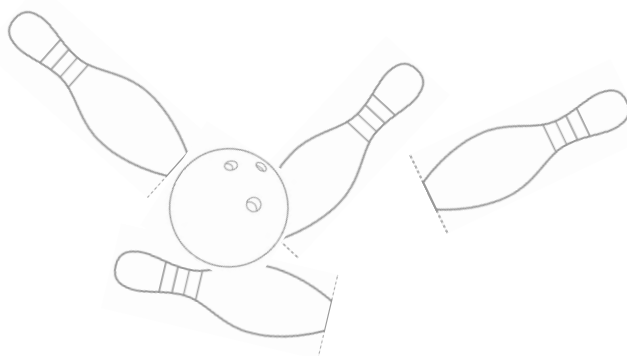
Event	Date	Check in	Start
Ladies Singles (5 games) Squad 1	Saturday 24th May.	13:30 - 13:50	14:00- 16:30
Lane	Ladies Singles (Move two lanes to the right)		
1	Anita Watts		
1	Dympna Kestell		
2	Mary Heffernan		
3	Lorraine Keane		
3	Ursula Ekermans		
4	Donna Horton		
5	Theresa Watts		
6	Martina Shortt		
7	Elaine Lalor		
8	Teresa Whelan		
9	Maeve O'Reilly		
10	Margaret McConkey		
10	Pat Holmes		



Saturday 24th May 2025 – Gents Singles Squad 1

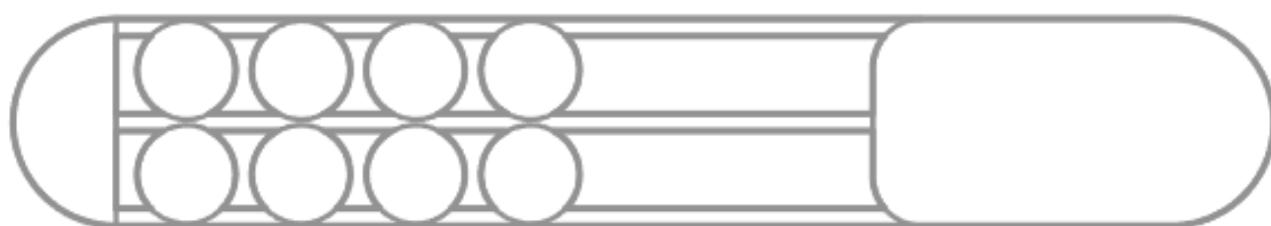
Event	Date	Check in	Start
Gents Singles (5 games) Squad 1	Saturday 24th May.	16:30 - 16:50	17:00- 19:30
Lane	Gents Singles (Move two lanes to the right)		
1	Ken Marshall		
1	Terry Bride		
2	Paul McCauley		
2	Ray Bergin		
3	Liam O'Rafferty		
3	Paulo DiTofano		
4	Kevin Horton		
4	John R Wilson		
5	Christy Scully		
5	Stephen Ekermans		
6	Johan Britz		
6	Tom Byrne		
7	Mark Higson		
7	Liam Byrne		
8	Paddy Gibbons		
8	Rodney Peacock		
9	Adrian Rutherford		
9	Stephen Tully		
10	Philip Watts		
10	Paddy Kilduff		

Lane Maintenance 19:30 to 20:00



Saturday 24th May 2025 – Gents Singles Squad 2

Event	Date	Check in	Start
Gents Singles (5 games) Squad 2	Saturday 24th May.	19:30 - 19:50	20:00- 22:30
Lane	Gents Singles (Move two lanes to the right)		
1	Paul Molphy		
1	Ken Foley		
2	Des Vella		
2			
3	Patrick Kemmy		
3	Fergal McLoughlin		
4	Tommy Nolan		
4	Paddy Dunne		
5	Jim Donagh		
5	Kieran Shortt		
6	Nickey O'Malley		
6	Liam Hogan		
7	Alan McDonnell		
7	Paul Stott		
8	Joe Ridgeway		
9	Shay Kelly		
9	Ken O'Reilly		
10	Haulie Storan		



Sunday 25th May 2025 – Trios Squads

Event		Date	Check in	Start
Trios (3 games) Squad 1		Sunday 25th May.	08:30 - 08:50	09:00 - 11:00
Lane	Trios (Move two lanes to the right)			
1	Shay Kelly	Liam O'Rafferty	Jim Finnerty	
2	Paddy Dunne	Tom Byrne	Nickey O'Malley	
3	Joe O'Connor	Paddy Kilduff	Tommy Nolan	
4	Liam Byrne	Paulo DiTofano	Kieran Shortt	
5	Ken O'Reilly	Rodney Peacock	Joe Ridgeway	
6	Terry Bride	Philip Watts	Paddy Gibbons	
7	Adrian Rutherford	Stephen Tully	Raymond Chan	
8	Ray Bergin	Peter Murphy	Jim Donagh	
9				
10				

Lane Maintenance 11:00 – 11:30

Event		Date	Check in	Start
Trios (3 games) Squad 2		Sunday 25th May.	11:00 - 11:20	11:30 - 13:30
Lane	Trios (Move two lanes to the right)			
1	Johan Britz	John R Wilson	Paul Stott	
2	Fergal McLoughlin	Donna Horton	Alan McDonnell	
3	Elaine Lalor	Ursula Ekermans	Dympna Kestell	
4	Liam Hogan	Stephen Ekermans	Mark Higson	
5	Haulie Storan	Ken Foley	Paul Molphy	
6	Lorraine Keane	Anita Watts	Theresa Watts	
7	Christy Scully	Patrick Kemmy	Des Vella	
8	Paul McCauley	Ken Marshall	Kevin Horton	
9	Martina Shortt	Mary Heffernan	Pat Holmes	
10	Treasa Whelan	Margaret McConkey	Maeve O'Reilly	

All Doubles Medal Presentations

N.B. Donna Horton has been fitted in to facilitate her in the All events, due to not having a team to bowl with.



Sunday 25th May 2025

Trios Medal Presentation and Lane Maintenance 13:30 to 14:00

Masters Finals

The Masters Round Robin Finals
will start at approximately 14:00 p.m. Sunday 25th May, 2025 for the Top
6 scratch Gents and Top 4 scratch Ladies

Event	Date	Check in	Start
Round Robin	Sunday 25 th May	13:30 to 13:50	14:00 to 16:00

Lane	All Events Round Robin: Top 6 Men and Top 4 Ladies (on Scratch Pinfall)	
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Presentations for Singles, All Events, and Masters, will take place at 16:00 approx.



Past Record of Senior Championships Masters/Round Robin Winners
Bernard Groves Memorial Winners can be viewed at
<https://tenpinbowling.ie/seniors/senior-results/>

*Congratulations to all bowlers
especially the winners and
looking forward to seeing you all
on next year's tour.*

