



Hats off all round!

Congratulations to our Summer Handicap winners!

Johan de Villiers and **Robbie Van Sittert** won the 4-round **Betterball Medal Summer Handicap** with their best 3 rounds totaling 184.



Johan de Villiers and Robbie Van Sittert looking very pleased with their trophies.

Well done guys!

Men's Mid – Am

Congratulations to **Chris Van Rensburg** who tied for 3rd place in the **WP Mid-Amateur match** at Durbanville on Sunday with a 73. He is now ranked 6th in the Mid-Amateur Order of Merit.

Lihan Van Der Merwe tied for 15th place on Sunday with a 79.

Well done Metropolitan team!

New in the Shop



As the **only** Tour golf ball with 5-layer technology, **TP5/TP5x** balls are designed to improve the performance of every golfer from the Tour to your weekend fourball. With the complete combination of flight, velocity, feel, and control, it's time for you to make the switch to a better ball!

Visit us at the Pro Shop to get in on the action.

Ladies only

Ladies' Section

What an amazing turn out for the ladies on Tuesday!



Some of our favourite ladies having a ball!

ESS & UU Trophy – Singles Medal

EST. 1936

Jill Rabie won the trophy with a nett score of 73.



Jill Rabie with her well-deserved ESS & UU Trophy.

Met's winners this week

Monday

Monday School

4 Ball Alliance – 2 X Scores To Count

Kevin Botha, Paul Schweizer, Kevin Morton And Nigel Kees - 86pts

Tuesday

Ladies Day
Betterball Stableford

Eileen Farrell And Jo Elkin - 39pts C/I

Wednesday
Members Competition
Betterball Stableford

Sam Roets And Shaun Stevenson - 43pts

Thursday
Members Competition
Betterball Stableford

Keith Broad And Mitch Mathee - 45pts C/I

Saturday (Am)
Members Competition
Betterball Medal

Clinton Mitri And Ivan Stone - 62 pts

Saturday (Pm)
Members Competition
Betterball Medal

Keith Broad And Peter Katz - 61 pts C/I

Simplify your short game

A wedge chart helps

You want to hit closer wedge shots more often with greater ease. If you can control your distance, you create more opportunities for birdies and par saves. Let's help you achieve this by simplifying your short game with the use of a wedge chart.

Wedge	Swing length	Yardage
60°	9 - 3	23m
60°	11 - 1	64m
60°	Full	92m
55°	9 - 3	32m
55°	11 - 1	98m
55°	Full	108m
50°	9 - 3	40m
50°	11 - 1	110m
50°	Full	122m
PW	9 - 3	43m
PW	11 - 1	118m
PW	Full	130m

A 'wedge chart' is an accurate recording of the distance each wedge travels depending on the length of your swing. Wedge charts are used by the majority of Tour Pros, yet no one really encourages amateur or club golfers to use them.

Making your wedge game easier

Understanding the importance of precision on approach shots using a wedge chart is your first lesson to a better short game and becoming a wedge guru. You may think you are not good enough for a wedge chart, but they really work for any level of golfer.

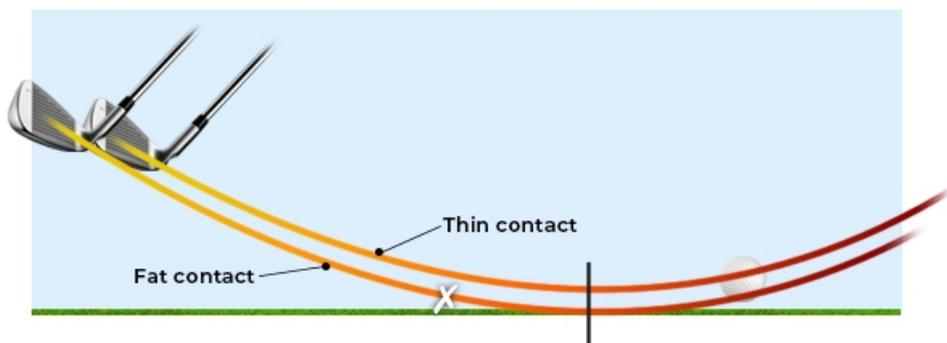
[Contact us >](#)

Better ball striking



For everyone
and anyone, it
doesn't get any
BETTER.

There's a special feeling that comes with hitting a solid iron shot. Especially one you feel launch off the face and then track on a great trajectory going straight at the target.



Most of those who are struggling to hit solid iron shots have a low point of their swing BEFORE the ball. That means they either make "fat" contact (turf before ball) or they catch the ball with the bottom of their iron face (thin) on the upswing.



If you're a good ball striker and want to get even better, then try focusing on tempo. Reduce your emphasis on how far you hit your irons, and work on a consistent tempo. A good tempo will lead to consistent contact and consistent distances.

Make it solid

You need to strike the ball first with a slight descending trajectory. That ensures your contact is solid and strikes the face in the hitting zone. We have drills that can help you on the practice range. We can also look at your swing and let you know how to improve your ball striking.

[Contact us >](#)

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GOLF CLUB**

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