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Thursday, April 18, 2024

[Book an assessment](#) | www.metgolfshop.co.za | **Tel:** 021 430 6015



The MET Sundowner

Sponsored by Jameson

29 November

Tee times available from 16:41 to 17:38.



Start your weekend off right...

[Book now >](#)

Welcome to the team

The Met welcomes **Yusuf Raidhan**, our new Head Teaching Professional!



With the opening of the new shop and swing studios a matter of weeks away, we're excited to announce the arrival of Yusuf Raidhan as our Head Teaching Professional.

Yusuf has spent time in the UK working with Dennis Pugh and has just moved to Cape Town after 4 years working at Royal Johannesburg & Kensington under Michael Balderstone and Martin Briede. Yusuf has experience in working with kids, beginners and elite players and we can't wait until the new facility is ready for him to start helping everyone with their game!

For now, Yusuf is available for lessons on-course and in the nets – please enquire at the pro shop or contact him directly:

Yusuf Raidhan

Head Teaching Professional

EOGA Academy

Metropolitan GC

081 867 0616

Over the coming weeks, we'll provide everyone with updates on the new facility and what our members and visitors can expect!

Music to my ears!

FRIDAY,
6 DECEMBER 2019

From 19:00

Join us for live music, wine tasting,
and a cheese & tapas selection

R120pp



Book your table with Vanessa on 076 280 5419 or info@19thhole.golf



MUSIC EVENING MENU



Wine tasting by KWV

A selection of Whites & Reds from their Classic Range

Selection of Fairview cheeses with crackers and crusty bread

Whiterock with figs, Whiterock with cranberries, Camembert, Chevin, Bluerock

Selection of dips and pate

Preserved figs, grapes, mixed nuts

Sundried tomato & goat's cheese Arancini (risotto balls)

Bacon and cheddar pinwheel pastries

Basil pesto, sundried tomato & cheddar pinwheel pastries

Phyllo parcels stuffed with goat's cheese, caramelised onion, mushroom and thyme

Fresh West coast Mussels in a light cream, garlic, basil sauce

Brandy cream chicken livers, with onion, mushroom & a hint of chilli

Both with crusty bread

Sticky chicken kebabs

Rare Roast Beef bruschetta with horseradish cream

[Book your table >](#)

Who's been winning?

Monday School Comp

11 November 2019

4Ball Alliance, 2 x scores to count

Pos	Names	Score	Voucher
1st	Spiro Bouloukos, Steve Newlan, Arthur Bisig & Kevin Botha	93 pts	R75

2nd	James McNab, Keith Gilmour, Vanessa McNab & Colin Bell	87 pts	R55
3rd	Mervyn Kramer, Jeff Scher, James McNab & (ghost)	84 pts	R35

Nearest the Pin

18th - Dave Gordon Wine

Two Clubs

Dave Gordon R20

Visitors:

Dennis Kahindi

Nigel Kees - welcome back

Arthur bisig

Tuesday, 12 November 2019

Progressive Alliance

1st Debbie Gibb, Jill Rabie, Sue Moubray, and Hazel Hoberman 77 pts

Wednesday 13 November 2019

Combined Stableford

Pos	Names	Score	Voucher
1st	Spiro Bouloukos and Frans Van Herden	61 pts	R120
2nd	Ryan Bailey and Barry Turner	59 pts	R80
3rd	Ioannis kritzas and Steve Phytides	57 pts	R40

Nearest to the pin

18th - Ryan Bailey R100

Two Club (*paying out R50*): Ryan Bailey and Steve Phytides

Thursday 14 november 2019

Betterball Bogey Plus

Pos	Names	Score	Voucher
1st	Farrel Cohen and Steve Liebrecht	+7	R160

2nd	Rob Regasto and Phil Gullan	+7 c/o	R130
3rd	Jack Schneider and Neville Walker	+6	R115
4th	Anthony Paitaki and Luis Rosa	+6 c/o	R105

Nearest to Pin

9th Steve Phytides R100

15th Gerry Botoulas R100

Two Club

Paying out R280 - Gerry Botoulas

Visitors

Steve phytides - zambali

Exceptional rounds

Roberto regasto - 66 nett (74) 8

Lowest Gross (no placing):

Rob Regasto - 74

Saturday Competition

16 November 2019

Premier packaging - Combined Stableford

AM

Pos	Names	Score	Voucher
1st	Bernard Bultemeier and Warran Jacobs	67 pts	R175
2nd	Dave Jacobs and Steven Chasen	63 pts	R125
3rd	Mervyn Rosenberg and Hazel Hoberman	61 pts	R75

Nearest to the pins

9th Bernard Bultemeier R100

15th Grant Buser R100

Two Clubs (paying out R24): Bernard Bultemeier, Dave Jacobs, Phil Gullan, Grant Buser, Ian Nordon, James McNab Jnr, Terry Copelowitz, and Francois Engelbrecht

PM

Pos	Names	Score	Voucher
1st	Robbie Van Sittert and Johan de Villiers	70 pts	R290
2nd	Debbie Gibb and Clifford Mijlof	67 pts	R195
3rd	Bill Cornish and Tony Lupton	62 pts	R100

Nearest to the pins

9th Greg Nicholas R100

15th Alfred Kasi R100

Longest drive (All Day)

11th Kathy Blumberg

Nearest to Pins (All Day)

18th Paul Danielz

Two Club (paying out R45): Rob Austin, Hutton Little, Johan de Villiers,
Greg Nichollas, Paul Danielz and Alfred Kasi

Lowest gross:

80 - Craig Campbell

**You've come this far, now
get closer**



You don't have to trade feel
for forgiveness. The new
CLEVELAND CBX 2 WEDGE



Feel and forgiveness come together

Most cavity back wedges offer added forgiveness by sacrificing feel. Not the CBX 2. It helps you play tricky wedge shots more efficiently and more smoothly.



Got spin?

At the end of a round, take your wedges to the practice green and check your shot dispersion.



Getting closer now feels better

More weight has been moved to the toe, middling the center of gravity while a Gelback TPU insert reduces vibration. The result? Softer feel at impact.



It's chip-off time

If you want to have more fun around the greens, improving your wedge play is key. Test your chipping skills with us.

[Contact us >](#)

Fix par 3 mistakes



TEEING UP TOO HIGH



Teeing your ball up on par 3s makes clean impact a bit easier, but go too high and you lose ball speed and land short of the green.

HIGH face impact

By teeing up too high you increase the chances of striking the ball high up on the club face and losing lots of ball speed.

So even if your club selection is spot on, you would still fall short of the green.



“If you’re taking a short iron on a par 3, tee your ball up lower, think level with the blades of grass. With a long iron, you’ll want to go fractionally higher, as though the ball is lying atop a fluffy fairway.”



Do you know your numbers?

Next time you’re on the range take ten shots with the same club at the same target and note your average distance and dispersion.

Use the TEEING AREA WISELY

Before you tee up at all, think about positioning yourself at a spot on the tee box that gives you the best angle into the green based on your natural shot pattern as well as the conditions.



Better course management

Swing improvement takes time, but good strategy brings immediate results. We'll help you make better decisions on the golf course that will put you into more scoring positions.



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