



## Congratulations!

Congratulations to the Metropolitan Mixed Champions!

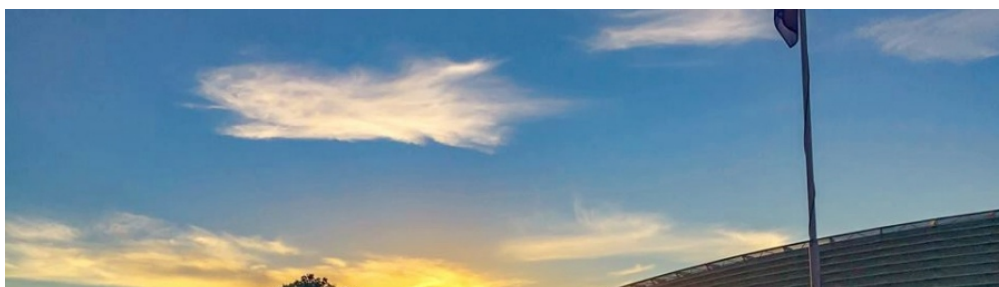


*The McNab's*

A big **THANK YOU** to Truth Coffee for sponsoring the day!



The next Mixed Competition is on Sunday, the **24th of February**.





## The reason you need to leave work early

The first Met Sundowner of the year is today!

Sponsored by:

*Titleist*

Don't miss out on the Sundowner Special in the bar after the round...

*750ml Castle Light Draft for the price of a 500ml Draft!*

See you there!

### THE MET SUNDOWNER

FRIDAY 25 January 2019  
TEE OFF FROM 16:20 - 17:03

R205 FOR 9 HOLES  
(includes golf, snacks and prizes)

BOOKING: 0214306013  
metgolfshop@corporategolf.co.za



JOIN US for sundowner SPECIALS from  
18:00 - 20:00 in the bar

*Titleist*

## Look great on and off the course

Everything you need in one place

Check out the new range of Zippo Sunglasses in the shop! Perfect for the sunset in this Friday's Sundowner.



New adidas crossknit spikeless golf shoe  
Perfect for after your round



New adidas caps  
In blue, red, gray, black, and white



[Get yours >](#)

## Who's been winning at the club?

### Monday

Monday School 4 Ball  
Alliance

2 X Scores To Count

James McNab, Vanessa McNab, Norman Stewart,  
and Arnold Aichinger

88pts C/I

### Tuesday

Ladies Day

Medal And Putting

Sue Moubray (Medal)  
Debbie Gibb (Putting)

73 Nett

35 Putts

### Wednesday

Members Competition

Betterball Stableford

Charles Copping and James Fitzgerald

48pts

### Thursday

Members Competition

Betterball Stableford

Tony Lupton and Paddy Syndercombe

45pts

<b>Saturday (AM)</b> Members Competition	4 Ball Alliance – 2 X Scores To Count	Ezio De Biaggi, Andre Scholtz, Andy Wood-Callendar, and Warran Jacobs	87pts
<b>Saturday (PM)</b> Members Competition	4 Ball Alliance – 2 X Scores To Count	Kimon Botoulas, Gerry Botoulas, Mario Theodoropoulos, and Demitri Zitianellis	91pts

## Revealing the lie

### Manufacturers try and solve problems

Most golfers lose the ball to the right. So, some manufacturers make, especially their game improvement irons, with more and more upright lies. They're trying to find a solution to what MIGHT be a problem you have.



Research shows that for some golfers who lose the ball right, a more upright lie does change average ball flight. It does however show that for some it has entirely different results.



Each of you is different.

Your spine tilt; knee flex; and how low or high you prefer the handle, will not only affect lie angle;

but potentially also shaft length.

And then there's your in-swing movement. An inside path and outside path will probably create different lie angle needs.

## The best for you

### Don't settle for what you have

There's a famous saying from Dr. Bob Rotella:



*"Hit the shot you know  
you can hit, not the  
one you think you should."*

That's why we  
Is

assessment.  
i?

Great advice for when you're on the golf course in competition. But for most golfers, the implication of that is "most longer clubs stay in the bag forever". Most golfers struggle with consistency when using fairway woods, hybrids, longer irons, and sometimes even mid-irons, so how do you apply this advice? Do most of these clubs remain unused in the bag forever?

**We have some sports psychology for you:**



*"This quarter, learn to  
hit a shot you can't  
hit consistently at the  
moment, and create  
more opportunities."*



## Get a better experience

By increasing the length of club that you can hit consistently from the fairway, you change your golf game.

Escape from difficult positions becomes easier. Setting up opportunity becomes easier.

Both of those lead to a better playing experience.

[Contact us >](#)

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GOLF CLUB**

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