



Your old gear is someone else's new gear

Do you have old jackets, hats, gloves, or scarves lying around?

The Metropolitan ladies are collecting warm clothing for people living on the streets in cape town.



You will find donation boxes in the men's and ladies locker rooms.



What's hot in the shop?

Your chance to play like a star. The ball is in your hands.

Srixon Z-Star Special!

Now only R155 per sleeve!



Put a swing in your step. Your chance to walk the course with pride.

Get excited for our shoe clear-out! We have Men's and ladies' shoes at unbeatable prices.





[Reserve now >](#)

What do wine and golf have in common?

The Cape of Good Hope Wine Series



The Cape of Good Hope Wine Series took place on Thursday 25th and Saturday the 27th at the met!

Congratulations to Clifford Mijlof and Richard Felder, and to Jarryd Phillips and George Norris for advancing to the regional finals, taking place here at The Met!

Who's in the mix

Monthly Mixed Competition



A big thank you to Cruxland Gin and KWV for putting together some wonderful prizes at our Monthly Mixed Competition on Sunday! It was a huge success!





Who conquered the course?

Results: 22-28 July

Thursday, 25 July

Betterball Bogey Plus

Winners: Richard Felder And Clifford Mijlof - +5

Saturday, 27 July (AM)

4 Ball Betterball Stableford

Winners: George Norris And Jarryd Phillips - 44pts

Saturday, 27 July (PM)

4 Ball Betterball Stableford

Winners: Steve Newlan And Tony Dunn - 43pts

Spin: friend or foe?

This is a bigger deal than many think

A colleague of ours recently picked five golfers at random in his club. Three men and two women of differing ages. He spent 20 minutes with each one and their driver (along with alternative configurations).



Changing the spin rate with the same swing speed has a huge impact on the distance the ball travels. Too much backspin for the ball speed and the ball will have too much lift and balloon. Too little spin and the ball doesn't have enough lift and dies quickly. (Read The Magnus effect and Bernoulli's principle if you want more physics).

The laws of physics (proven with the data from hundreds of thousands of golf swings) means that those with slower swing speeds generally benefit from a higher launch angle and more spin, than someone with more aggressive swing speeds.



Who is XXIO for?

Matching swing speed, ball speed, launch angle, and spin rate on tee shots,

An advertisement for XXIO golf clubs. It features a black and white photograph of a golfer in mid-swing on a golf course. The golfer is wearing a white shirt and dark pants. The background shows a golf course with trees and a cloudy sky. The XXIO logo is prominently displayed in the upper right. Below the logo, the text reads: "WHO IS XXIO FOR? FOR GOLFERS WITH A MODERATE SWING SPEED, 80 - 95 MPH, XXIO X WILL PERFORM BEST. HELPING YOU HIT THE BALL FARTHER AND PLAY BETTER GOLF. THIS IS XXIO." In the bottom left corner, it says: "ERNIE'S DRIVER OF CHOICE XXIO X 10.5 DRIVER PX BLUE 6.5 SHAFT".

XXIO

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It's time to do something

What is happening to our children?

Right now, we have a younger generation who are expected to LOSE 5 years of expected life because of childhood obesity, poor nutrition and activity, and the rise of type-2 diabetes and coronary disease. Golf can help reverse this trend.



We need children to become more active. Of course, they need to participate in more than one activity, but golf should be one of the activities. It has everything for a child.



 <https://crown-golf.co.uk>

Start your child now

With young children we're not thinking about creating Tour superstars, we're trying to introduce them to a past-time that will offer them the chance to live an active and social lifestyle that will make them healthier for their whole life. It's time to do something.

Contact us for an assessment >

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GOLF CLUB**

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