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Wednesday, July 09, 2025

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



Celebration clear-out sale!

Our Pro Shop Sale is still going strong!

Make sure to come in and take advantage of these great deals! Don't miss out!

Metropolitan Logo Polos from **R300**

Shorts from **R399**

Trousers from **R499**

Golf bags from **R1850**

Shoes from **R1199**

15% off all hats

Z-star special **R155** a sleeve

Callaway Magna Special **R60** a sleeve

[Reserve your item >](#)

Coming in October!

Book your spot now!

AM 9-hole competition open for men to participate in the day! Brunch buffet and separate prize-giving to follow!

R250 per player | Carts @ R160 (member's rate)

Tee times from 6:53 – 8:24

Ladies Open

18 holes – 12:00 shot gun start

R360 per player | Carts @ R265 (Member's rate)

**Bookings confirmed on receipt of payment*

Enter the **raffle** to win big!

The Metropolitan Ladies Open
16 OCTOBER 2019







SPONSORED BY:

IN SUPPORT OF:

[Contact us](#) for bookings/enquiries.



- o One night stay for two in a sea facing room at the President Hotel in Bantry Bay (including the Presidents famous breakfast)
- o A round of golf for two at the Metropolitan Golf Club in Mouille Point
- o Dinner for two at Golosso in Sea Point

Tickets – (1) for R100/ (3) for R200

Who's been winning at the Met?

Monday School

3 Ball Alliance – 2 X Scores To Count

Dave Gordon, Craig Smith and Luis Rosa - **84pts**

Wednesday Members Competition

Betterball Stableford

Freddie McLennan and Roderick Portocacerero - **40 pts**

Thursday Members Competition

4Ball Multiplication Alliance

Dave Gordon, Shane Jabaar, Luis Rose and Grant Cooper - **90 pts**

Saturday (AM) Members Competition

Singles Medal

A – Div – Clinton Mitri - 72 nett

B – Div – Dave Jacobs - 67 nett

C – Div – Dave Heron - 33 pts

Saturday (PM) Members Competition

Singles Medal

A – Div – Kathy Blumberg - 70 nett

B – Div – Mickey Forge - 67 nett

C – Div – Luis Rosa - 39 pts

Fitting for approach shot

Fitting for approach shot magic

Delivering a **BETTER APPROACH**

When we fit you for new irons, we can add "distance" which means a shorter club. And using a club with a shorter shaft on approach shots leads to more accuracy.



Many club makers have identified 37 as an important point in shaft length.

Above that length and most golfer's consistency of contact starts to deteriorate rapidly. So allowing you to hit a 37" #7 iron rather than a 'longer' #6 iron is a big deal.



THE CLUBFACE – METALWOOD OR IRON –

has been part of a materials and design revolution. New materials allow them to be thinner and faster. New internal design is supporting the next generation of irons to allow even more speed across more of the face.

Now improve your approach

Book an assessment with us now. Let us look at your swing and technique; your irons and how the technology helps you. Let us improve the number of magical moments you have on the course.

Make more magic >

Fall in love with golf

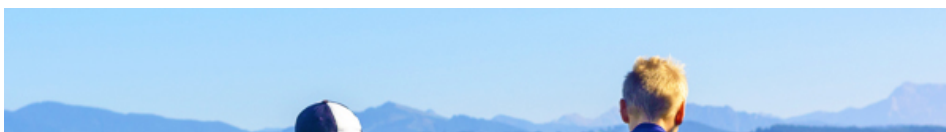


MASTERING

a skill is great for

SELF-CONFIDENCE.

The boost, thrill, and growth we see in a child when they start to master a particular golf skill gives us tremendous fulfillment. As we start to see them fall in love with the game and find new connections with others on a similar journey, we know we're doing our job.





If we can do that, they'll be healthier, happier, and have a game and friends for a lifetime.



Sign your children up for one of our fun junior golf programmes. We'll set them on the pathway to a lifelong love affair with the game.

[Contact us >](#)

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