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Sunday, May 05, 2024

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The Prins & Prins Diamonds Floral Cup

Played on Sunday, the 8th of September

The ladies raised **R15,000** for Pikkewyntjies Pre-Primary School!





A big thank you goes to Prins and Prins Diamonds, the Met ladies who worked hard planning the day, 19th at the Met for catering and sponsoring lunch for the school kids, and of course, to all of the fabulous golfers on the day!

The Thursday Trophy is back!

Congratulations to **Strati Zitianellis, Ari Vayanos, Dimitri Zitianellis** and **Peter Zitianellis** for coming in 1st place with 92pts in our Thursday Alliance Competition!





Don't just drive by

Peninsula Driving Range and the Metropolitan Golf Club

We are very pleased to inform you that the Peninsula Driving Range is now offering all Met members a 20% discount at the range. A huge thank you goes to Sally Little for the kind offer.

The range is the home of The Sally Little Centre for Excellence, where Sally does some amazing work with young school children.

It is a great initiative; we encourage you all to please support the range and experience first-hand the great work that is being done.





**1 week away, and we are
full!**

The Metropolitan Ladies Open

Ladies Open | 18 holes

Time: 12:00 shotgun start

Cost: R360 per player | carts @ R265 (member's rate)

**Bookings confirmed on receipt of payment*

The Metropolitan Ladies Open



[Book your spot >](#)

The luck of the draw

Enter the raffle to win big!

Tickets:

1 for R100; 3 for R200

This is your chance to spoil someone special in your life.

- *One-night stay for two in a sea facing room at The President Hotel in Bantry Bay (including The President's famous breakfast)*
- *A round of golf for two at the Metropolitan golf club in Mouille Point*
 - *Dinner for two at Golosso in Sea Point*



Who's been winning at the Met?

Monday School

4 Ball Alliance – 2 X Scores To Count

Dave Gordon, Derek Wille, Aubrey Molefe and Windy Khutlopye - **84pts c/i**

Wednesday Members Competition

4 Ball Alliance – 2 X Scores To Count

Rob Van Veen, Freddie McLennan, Jp Snyman, And Shaun Stevenson - **91pts**

Thursday Members Competition

4 Ball Alliance – 2 X Scores To Count

Ari Vayanos, Dimitri Zitianellis, Peter Zitianellis, And Strati Zitianellis - **92pts**

Saturday (AM) Members Competition

Singles Medal (A & B) / Singles Stableford (C)

A. Werner Uys - 65nett

B. Dave Jacobs - 71nett

C. Terry Copelowitz - 36pts

Saturday (Pm) Members Competition

Singles Medal (A & B) / Singles Stableford (C)

A. Eve Starke - 67nett

B. Doug Van Rensburg - 67nett

C. Debbie Gibb - 41pts

[Click here](#) for a full summary of the week's results.

What are you buying?





Ignore the hype. Experience
the moment.

There is something exquisite about finding the sweet spot with an iron.
Everything feels so perfect in that moment.



Achieving that moment requires, returning the clubface square to the target with the sole square to the turf. That's very difficult if the lie angle / shaft length combination is wrong for you.

**Get fitted:
Make more moments**



Over 80% of golfers play with equipment that makes it more difficult to experience the perfect iron shot. You can change your experience. You can make more magic.



You can do this

Let's get your irons checked. Let's help you make sure you have a setup that makes it easier to create more magical moments. Come and see us.

Call us, or

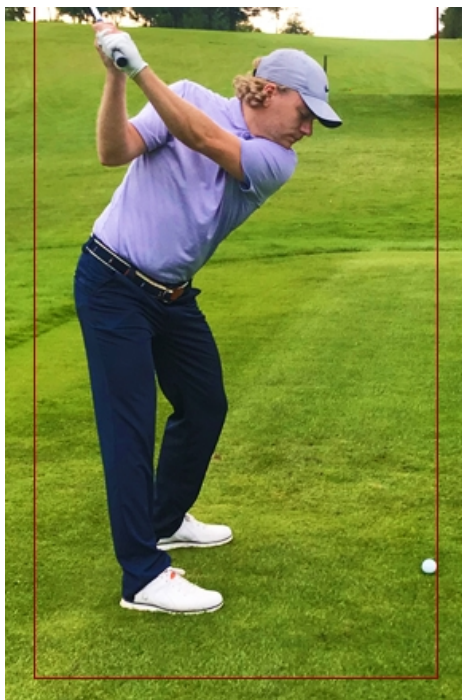
[Book an equipment assessment >](#)

Consistently better

'The hands'
is not the right answer

From the top, which part of your body initiates the downswing? Many get into a good position at the top, but then allow the downswing to start with their arms or even hands.





This is a good position.



*A downswing started
with the arms.*

You want accuracy and consistency of ball strike with approach shots. That is much, much easier to achieve if the large muscles control your first movement back to the ball.





Easy to say, harder to do

Male golfers especially are conditioned to try and hit the ball with their arms and hands. I want all of you to take an #8 iron, get out on the range, hit balls, and to try and quieten your arms and hands. Try consciously hitting the ball with your "body" rotation. Notice how much more solid you can strike the ball. Practise this.

[Contact us >](#)

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GOLF CLUB**

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