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Friday, May 03, 2024

[Book an assessment](#) | [www.metgolfshop.co.za](http://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](mailto: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**

<b>Pos</b>	<b>Names</b>	<b>Score</b>	<b>Voucher</b>
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

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*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**

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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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