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Sunday, May 19, 2024

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From Pierre's desk

I would like to start off by thanking every single one of you that visited the Country Club over the last month. Despite the restrictions we had a really good season as the course was nice and busy throughout.

Please click on the video below to see short message from myself and the Club staff.



I would like to congratulate Clinton and his team as the course was in great condition. I thought the fairways and greens in particular played very well. They do such a great job on the course and we are very lucky to have such a dedicated team looking after our golf course.

We are now planning a few course projects in the next couple of weeks. This will include levelling of tee boxes, irrigation and drainage work. Projects like these are so important to ensure that we stay the premium course on the South Coast and in KZN.

We have one or two events coming up this month so please [click here](#) to familiarize yourself with the dates.

Let's Par-4!

From 11-31 January 2021

LET'S

PAR-4

R55

TOASTED BACON, EGG & CHEESE
SERVED WITH CHIPS
incl. CAPPUCINO

FROM
11-31 JAN 21'





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San Lameer

Country Club

Thank you again for your support and look after yourself. Keep sanitizing and keep wearing your mask.

Happy golfing,
Pierre

Results

2 January 2021

Par 3 contest

BetterBall Stableford

Place	Name	H/cap	Points
1st	Gray Muller	14	51
1st	Jay Arbutnot	21	51
2nd	Jaco Viljoen	15	47
2nd	Harri Viljoen	11	47
3rd	Andrew Emanuel	14	46 c/i
3rd	Wesley Harison	7	46 c/i

Nearest to the pins:

Hole 9: Tim Douglas

Hole 18: Steve Brink

Individual Stableford

Place	Name	H/cap	Points
1st	Wes Harrison	11	41
2nd	Lauran Marais	25	38
3rd	Banus Van der Walt	28	35 c/i

Nearest to the pins:

Hole 9: Corne Kruger

1 January 2021

Greenkeepers Revenge

4-Ball Alliance

Place	Name	H/cap	Nett
1st	Krisjan Kirstein	12.969	58.031
1st	Luca Kirstein		
1st	Liam Kirstein		

1st	Dian Kirstein		
2nd	Craig Wilson	14.375	58.625
2nd	Monique Wilson		
2nd	Chris Botha		
2nd	Klippie Botha		
3rd	Stephen Smithyman	6.719	59.281
3rd	Mike Smithyman		
3rd	Eugene Marre		

Nearest to the pins:

Hole 9: Monique Wilson

Hole 14: Janse De Villiers

30 December 2020

Wednesday Competition

BetterBall Stableford

Place	Name	H/cap	Points
1st	Jon Busser	19	47
1st	Corne Kruger	17	47
2nd	Gideon Jansen Van Rensburg	10	43
2nd	Stephen Brink	12	43
3rd	Banus Van der Walt	29	42
3rd	Jan Cilliers	17	42

Nearest to the pins:

Hole 4: David Herman

Hole 14: Pieter Olivier

28 December 2020

San Lameer Summer Classic

4-Ball Mystery Alliance

Place	Name	H/cap	Points
1st	MG Snyman	9	102
1st	Juan Joubert	15	102
1st	Gert Van der Merwe	6	102
1st	Arrie Van Huysteen	12	102

2nd	Joe Coetzee	13	101
2nd	Ryan	14	101
2nd	Piet	15	101
2nd	Guillame Strydom	12	101
3rd	Susan Potgieter	27	99
3rd	Susan Botha	17	99
3rd	Justin	20	99
3rd	Beukes	12	99

Nearest to the pins

Hole 4: Mark McWilliams

Hole 9: Hennie Dirker

Hole 14: Angela Ducro

Hole 16: Arno Van Huysteen

23 December 2020

4-Ball Alliance, 2 scores to count

Place	Name	H/cap	Score
1st	Karl Mosburger	11	94
1st	Ruth Mosburger	14	94
1st	Wonderboy Nxumalo	9	94
1st	Sbu Ntozakhe	11	94
2nd	Willie Miller	17	92
2nd	Linda Miller	22	92
2nd	Hugh Miller	23	92
2nd	E Strydom	18	92
3rd	Lucas Du Plooy	23	91
3rd	Henning De La Rey	23	91
3rd	Keith Simonsen	16	91
3rd	George Betts	17	91

Nearest to the pins:

Hole 4: Ruth Mosburger

Hole 14: Franco Van Dyk

19 December 2020

Presidents Cup

Individual Stableford

Place	Name	H/cap	Score
1st	Calvin De Villiers	23	42
2nd	Scott Wilson	7	41
3rd	Michael Herb	3	39
4th	Geoff Bentham	22	38 c/i
5th	Fiona Douglas	20	38 c/o
6th	Pierre Van Vuuren	0	36 c/i
7th	Logan Jones	26	36 c/o
8th	Werner Breed	13	36 c/o
9th	Stephan Barac	15	36 c/o
10th	Gerhard Van Zyl	9	35 c/i

Nearest to the pins:

Hole 9: Scott Wilson

Hole 16: Brian Alexander

16 December 2020

Wednesday Competition

BetterBall Stableford

Place	Name	H/cap	Points
1st	Joe Coetzee	12	47
1st	G Strydom	12	47
2nd	Chris Huber	22	45 c/i
2nd	Alexa Huber	32	45 c/i
3rd	Eric Hannelore	28	45 c/i
3rd	Hannan Hannelore	31	45 c/i

Nearest to the pins:

Hole 19: Hierhold Hannelore

Hole 14: Johan Neethling

Jackpot Holes

8,9,13 and 14

Joe Coetzee and G Strydom

Loft 'n' roll

Not to be forgotten

We know the right driver loft increases distance off the tee. We know the right wedge loft makes up and downs easier. But what about putter loft? It's not spoken about enough, but the loft of your putter massively affects your distance control and accuracy on the greens.



Are you delofting your putter?

Most off-the-shelf putters today come with about 3 degrees of loft. That's what we call the "static loft", and it's enough IF you strike the ball square. But if you press forward or pull back in your putting stroke, you're reducing or increasing the "dynamic loft" at impact.

Take on any putt

To get your ball into a smooth, end-over-end roll after impact, we need to make sure your putter loft is working with your stroke to give you the best dynamic loft. That means getting fitted or having your stroke assessed, or ideally, both.

[Ask us about it >](#)

Yoga for golf

More than just flexibility

Overall mobility is the most important fitness component for golfers.



This is much more than just flexibility. For the golf swing, mobility and moving through all three planes of motion are fundamental.

The three planes of motion are:

- *Sagittal plane: forward and backward movements.*
- *Frontal plane: side-to-side movements.*
- *Transverse plane: twisting movements.*

[Learn more >](#)



Moving between the massive variety of poses during a yoga session takes your body through all the planes of motion, making a huge difference to your mobility.

Let's review your mobility

A swing assessment enables us to see if your ability to move through the three planes of motion impacts your golf. Then we can decide whether an accommodating change in technique and/or a recommended visit to a yoga instructor would help.

Get moving >

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