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Tuesday, July 15, 2025

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BSI Tournament Results

Our players join the 60s club

Congratulation to **Jonathan Williams** on winning last week's Premier Medal with a score of 68 on the West Course at Royal Johannesburg & Kensington GC. Jonathan joined our PGA Diploma programme in January last year. He started his tournament play with us by shooting 88 in his first medal and averaged 83.45 in his first term. We're proud of Jonathan for such fantastic improvement in just over a year.



Jonathan Williams

Well done to **Tawriq Abrahams** on winning our Junior Academy medal last week with 69 at Huddle Park, which was also a personal best for him this year. Tawriq joined our Junior Academy in January 2019, shooting 90 and 96 in his first two events and averaging 86.38 in his first term. Great progress
Tawriq, big future ahead.

We also had personal bests last week from **Josh Clark** (82) and **Stacey-Lee van Gent** (82). Keep up the great work.



Tawriq Abrahams

External Tournaments

Well done to **Grant Labuschagne** on winning the Junior Club Championship at Randpark GC this weekend with scores of 70,76.



Grant Labuschagne

Well done to Junior Academy students, **Vuyisani Makama** (6th), **Dean Herbert** (10th), **Grant Labuschagne** (20th), **Leo Burger** (21st) and **Tawriq Abrahams** (22nd) on making the top 30 in the CCGU/Aspire Atlantic Race to River Club Series.

Performance Tip

Train your mind

BSI PGA Diploma graduate, **Yusuf Raidhan** has started a podcast called **Golf As A (W)Hole**. He recently had BSI Mental Coach, **Mark Fairbank** as a guest on an episode of the show, on which Mark shared many of the ideas and processes that he uses with our players. Click one of the links below to listen on the app of your choice and learn more.

[Listen on Apple >](#)

[Listen on Spotify >](#)

Fitness Pack

A stronger you, a stronger game

With fitness being a vital part of competitive golf these days, we've put together a fitness pack with essential equipment that players can easily take on the road with them. [Click here](#) to order. The pack can be collected from the BSI campus. Delivery can be arranged at an additional cost.

The advertisement features a red background with a torn paper effect. On the left, a black drawstring bag is shown on a green artificial turf surface, with various fitness items spilling out: a black foam roller, a blue power band, a red mini band, a blue mobility ball, and a red drawstring bag. The text 'BSI FITNESS BAG' is prominently displayed in large white letters. Below this, a list of included items is provided: 'BAG INCLUDES: 1X FOAM ROLLER, 1X POWER BAND, 1X MINI BAND, 1X MOBILITY BALL, 1X DRAWSTRING BAG'. Further down, it states 'FOR ONLY R999! ITEMS ALSO SOLD SEPERATELY.' and 'CONTACT RENEE DIRECTLY TO ORDER YOURS!'. At the bottom left, there are two logos: '3 Golf' and '3 FOOTBALL'. The bottom right corner shows a golf ball on a green field.

**BSI
FITNESS
BAG**

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**CONTACT RENEE DIRECTLY TO
ORDER YOURS!**

3 Golf **3 FOOTBALL**

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