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Sunday, April 28, 2024

[Email us](#) | www.sanlameergolf.co.za | **Tel:** (039) 313 5141



San Lameer
Country Club



From Pierre's Desk

So much to look forward to

This week we are privileged to host our Men's 4x4 Team Challenge. This event is now 21 years old and will continue to feature on our golfing calendar for many years to come.

We had a great time!

We started off our opening in fine style with live music, dinner and Auction.

Nike was also here to ensure that the guys are well dressed and ready for the week. I would like to thank Nike for being here and for all the effort that they had put in to make the event so successful.



We will end of the week with a Gala Dinner on Saturday evening. I will have a full report and pictures for you in next week's newsletter.

Please [click here](#) for the Calendar and events for October. I know that the team from LM radio is still looking for a few fourballs. Contact me here if you would be interested to play on the day.

We are again running some lovely specials in the Restaurant for this month. See our current specials below.

An incredible deal

For only R55

LET'S PAR-4

R55

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

**OCT
2021**



www.sanlameer.co.za

+27 (0) 39 313 5141

catering@sanlameer.co.za

San Lameer

Country Club

Everyday is golf day!



WEEK DAY GOLF SPECIAL

18 HOLES
R250
PER PERSON
INCL CART SHARING

Weekdays: Tee off between 8am-10am

APPLICABLE DATES
OCTOBER 2021

BOOKINGS ESSENTIAL
+27 (0) 39 313 5141
proshop@sanlameer.co.za
TERMS & CONDITIONS APPLY

**San Lameer
Country Club**

Let's make the world a better place



Join Oceanfriendly SA &
WESSA Blue flag Beach Stewards
pick up beach litter & help collect data

MARINA BEACH CLEANUP

6 OCTOBER 2021
9am - meet us at tidal pool

  

To participate please contact
Taryn 0760787189

Have a great weekend.

Happy golfing

Results

29 September 2021

Wednesday Competition

4 Ball Alliance 2 scores to Count

Position	Names	H/cap	Score
1st	Vic de Stadler	13	91
	Lucas Luckoff	13	
	Wayne McCann	14	
	Ghost		
2nd		15	89 c/i
	W. Plotz	14	
	H. Strydom	7	
	P. Pienaar	18	
3rd	Schalk Oosthuizen	14	90 c/o
	Frans Klopper	12	
	Hennie Dirker	23	
	Paul Bates	22	

Nearest to the pin

Hole 9: Steve Rybicki

Hole 14: Robert Mavundla

A hole-in-one for your health **Beyond golf**

Humans are social creatures by nature. We thrive on human interaction, relationships and friendly competition. Golf is the perfect opportunity to spend time together, be social and meet new people.



The social interaction and camaraderie that golf offers is the perfect setting for you, your friends and your family. As we progress towards a post-pandemic world, we give more value to:

- Human connection
- Quality family time
- Building relationships

[Join us >](#)



Beyond your social interactions, golf also helps you develop your personal life skills like sportsmanship, respect, honesty and discipline.



All in this together

As humans we need connection. Let's make sure that your golf game and relationships are equally strong.

[Get me started >](#)



A perfect 10

The tenth generation Srixon AD333 gives you even better flight with low-lofted clubs thanks to a lower compression than ever before.

[Find out more](#)

Stretch for a better game **Stretch it out**

Do you have pain in your neck and shoulders? Having the incorrect posture when you play golf could cause this discomfort. If you work in front of a computer or sit all day, it's even more likely.



You need flexibility in your upper back and chest for good golf posture and rotation when you swing. Stretching your chest, shoulders and neck will improve your daily movement and your game.

Tell me more



Flexibility is everything

Knowing where, how and what to stretch will change your game. By analysing your swing, we can identify your weak areas and get you started on a journey to your best golf yet.

[Get me started](#)

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