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San Lameer
Country Club



Saturday, July 27, 2024



A word from Pierre

Another busy week at the Country Club as we shape up for season. The golf course remains the main focus and with summer here, you can hear the grass grow. I played on Wednesday with the members in the competition and it was my first round out after the hollow-tining, I was pleasantly surprised with how well the greens recovered over the last few weeks. The coverage is there and the greens are looking healthy and rolling very nicely. As we get closer to season, we will speed them up a little more. I think by the time Club Champs arrive our course will be in tournament condition.



I took some wonderful pictures of the course over the last week. You can also see in some of the pictures the wonderful work out Maintenance team is currently doing out there. Thank you to Clinton and his dedicated team.



Bookings open for Club Champs

Speaking of Club Champs, remember to enter, we are planning to make the day extra special for our members.

- The Championship will be played over one day (17th December 2023). A-Division participants will play 36 holes.
- Juniors with a handicap index of 7.5 and lower may participate in the Men's A Division – but will not be eligible to also participate in the Junior Division – please ensure to communicate when entering if they would be participating in the Junior or Men's A Division.
- Entries will close on 11 December 2023 – no exceptions.
- The draw will be made available to all participants on 15 December 2023 – the draw is final, and no changes will be permitted unless of extenuating circumstances communicated to the tournament organizing committee.

Handicap and Division breakdown:

A – Division - 0 to 7.5 handicap index – (36 Holes) Medal

B – Division - 7.6 to 13.0 handicap index – (18 Holes) IPS

C – Division - 13.1 to 36.0 handicap index (18 Holes) IPS

Ladies & Junior- Division - 7.6 to 36.0 handicap index (18 Holes) IPS

The applicable green fee plus a R200 comp fee will apply. Dinner will be an optional addition of R130 pp. and R60 per child under 13. The prizegiving function should start at approximately 18:00. We welcome friends and family of the Club Championship participants. Please confirm catering needs with the Pro Shop by the 16th of December. Please note that there will be a sit-down prizegiving and live entertainment.

Should you wish to enter, please email the Pro Shop at golf@sanlameer.co.za with your current handicap and the name of the club you are affiliated to.

We look forward to host you on this special day.

[Book for Club Champs](#)



Black Friday deals!

The advertisement is set against a dark background with a green grass border on the left. At the top, the San Lameer Country Club logo is displayed in blue and green. Below it, the text 'San Lameer Country Club' is written in a serif font. The main headline 'BLACK FRIDAY' is in large, bold, white and green letters. Underneath, the dates '20 November - 26 November' are listed. Four items are featured in circular images: a light blue Nike cap, a light blue Nike polo shirt, a white Nike React sneaker, and a white Adidas Go-To sneaker. Each item is accompanied by its name, the current price in green, and the original price in white.

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BLACK FRIDAY

Swing into Summer in Style
20 November - 26 November

	Nike Caps	R549 Was R699
	Nike Polo	R899 Was R1099
	Nike React Shoes	R2799 Was R3499
	Adidas Go-To Shoes	R2699 Was R3199

Drain more putts with Divide!



San Lameer
Country Club

Srixon Q-Star Divide

R699 Per Dozen



Lining up your putts is a whole lot easier and more effective with Srixon's new Z-STAR DIVIDE.

[Learn more](#)

Kickstart your day with pilates

As we move into the holiday season, there's no better time to prioritize your health and well-being. Join us for our Early Morning Pilates Classes - the best way to kickstart your day! Watch the video below for more info:



Holiday tee times

Lastly, I would like to encourage all of our members to book in advance for the holiday season. There is a big demand for early tee times, so please make sure you book ahead. This December we will also run club competitions on Saturday mornings as well as on Wednesdays. So please book to avoid disappointment.

[Book a tee time](#)

Results

22 November 2023

Wednesday Comp – Better Ball Stableford, Multiply on the Par 3s

Winner	Name	H.cap	Pts
1st	Gary Smith	11	52 C/i
	Glen Kyle	19	
2nd	Peter Middlewick	14	52 C/o
	Bruce Bayes	14	
3rd	Renier	12	50
	Breunissen	21	
	Kou Hans		

Nearest to the pins

Hole 9 - Gary Smith

Hole 14 - Renier Breunissen

Nearest to the pin for 2

Hole 10 - Peter Ray



Wednesday winners

Recover a golfer

Time doesn't have to be a reason

People who've left the game often cite not having enough time to play.

Many turn to other activities to stay active. It doesn't have to be that way.



Getting a gym workout in before or after work generally takes about 90 minutes. That's about the same time it takes to play 9 holes. But the difference is that with golf, you're getting much more than just physical exercise.



Playing 9 holes twice a week gives you physical and outdoor benefits, along with a social experience. And it doesn't even have to be 9 holes. You can head out for a quick 4 or 6 holes. There's more to staying healthy than just movement. Being outdoors and being part of a social group are critical to health and wellbeing.

| Let's help a friend

If you know anyone you think should get back into golf, bring them down, send them to us, or give us their details and we'll reach out personally to reintroduce them to the game.

[Get them back](#)

Duca Del Cosma: An Italian Golf Evolution



[Book a shoe fitting](#)

The right equipment helps

You're forgiven

The design of Putters does so much to aid alignment and aim. But in many cases an off-centre ball strike leads to a slight twisting (that impacts aim) and a real loss of speed (impacting distance control).

The Cleveland Frontline Putters solve the alignment challenge but also, using a weight forward design, create a much higher MOI to resist twisting and improve distance control.



There are different options to support your specific putting stroke. Are you straight back and through? Or do you have an Arc; and how strong is it?



What would improve your putting?

If you're struggling with either control over the distance you hit putts or finding yourself missing the cup with makeable birdie opportunities, then there may be an equipment solution.

[Contact us](#)

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