

GANSBAAI



GHOLFKLUB – GOLF CLUB



1123, GANSBAAI 7220



028 384 1441



gbgholf@gmail.com

Nuusbrief Jul/Aug 2021 || Newsletter Jul/Aug 2021

Die mees Suidelike Gholfbaan in Afrika
The Southernmost Golf course in Africa

“n Natuurlike grasbaan, geleë in Kaapse Fynbos met ‘n sweem *links* in die somer”
“A natural grass course, situated in Cape Fynbos with a touch of links in summer”



Klubkaptein: Bev Swart; Onder-kaptein: Pieter Loubser; Tesourier: Johan Coetzee; Personeel & Beleid: Koos Myburgh; Addisionële lede: Clive Bailey, Hennie Kriel, Johan Pfister, Fanus Walters

KLUBNUUS / CLUB NEWS

1. Die Algemene Jaarvergadering (AJV) vind plaas op Do 5 Aug om 17:30 in die Klubhuis.

The Annual General Meeting (AGM) takes place on Thu 5 Aug at 17:30 in the Club House.

2. Ons is geskok oor die skade aan setperk 6, veral in die lig daarvan dat die baan tans in so 'n puik toestand is.

We are shocked by the damage on the green at hole 6, especially now that the course is in such a good condition.



3. Die uitslae van kompetisies wat nog nie gepubliseer is nie, is as volg:
The results for competitions, not yet published, are as follows:

➤ Uitslae, Vr 2 Jul:
Results, Fri 2 Jul:

Geen spel nie agv swak weer / *No play due to bad weather*

➤ Uitslae, Sa 3 Jul:
Results, Sat 3 Jul:

Geen spel nie agv swak weer / *No play due to bad weather*

➤ Uitslae, So 4 Jul:
Results, Sun 4 Jul:

Geen spel nie agv swak weer / *No play due to bad weather*

➤ Uitslae, Wo 7 Jul: Sloegters Enkel Stableford
Results, Wed 7 Jul: Sloegters Single Stableford

1. Hugo Groenewald, 37	2. Solly Wessels, 35
3. Johan Pfister, 34	4. El Matthee, 34
5. Marietjie de Villiers, 33	6. George Hunt, 31
7. Johan Coetzee, 31	8. Leon Lombaard, 30
9. Pietie Dry, 29	10. Frikkie van Eeden, 29
Boerpot: / Jackpot: Marietjie de Villiers (4, 8, 10)	

➤ Uitslae, Vr 9 Jul:
Results, Fri 9 Jul:

Geen spel nie agv swak weer / *No play due to bad weather*

➤ Uitslae, Sa 10 Jul, Gekombineerde Stableford kompetisie:
Results, Sat 10 Jul, Combined Stableford competition:

1. René Myburgh & Hannelie Goosen, 69
2. Philip Taylor & Daniël van der Merwe, 68
3. Gina Esterhuizen & Hannelie Goosen, 66
4. Lambert Smith & Daniël van der Merwe, 64
5. Johan Pfister & El Matthee, 64
6. Marietjie Visser & Brenda Breytenbach, 63
7. John Hitchcock & Sandra Hitchcock, 63

8. Cecil Galloway & Marietjie de Villiers, 58
9. Solly Wessels & Frikkie van Eeden, 56
10. Malcolm Bury & Steve Muller, 53
Spog-twee's: / Two-club's: Daniël van der Merwe (11, 15); Johan Coetzee (15)



**Ons Ligaspan wen Theewaterskloof op Hermanus se baan, met 4 teenoor 2 .
*Our League Team have beaten Theewaterskloof on Hermanus' course with 4 versus 2.***

Ons span was: / Our team were:

Pieter Loubser, Francois van der Merwe, Bev Swart, André Hage, Corrie Avenant, Metvin Tobias.

- **Uitslae, So 11 Jul, 9-putjie Enkel Stableford kompetisie:
*Results, Sun 11 Jul, 9-hole Single Stableford competition:***

1. Pieter Loubser, 19	2. Pieter Holloway, 18
3. Leon Hattingh, 16	4. Du Toit van Sittert, 16
5. Leon le Grange, 16	6. Marietjie de Villiers, 15

- **Uitslae, Wo 14 Jul, Sloegters Enkel Stableford kompetisie:
*Results, Wed 14 Jul, Sloegters Single Stableford competition:***

1. El Matthee, 34	2. Johan Pfister, 33
3. Solly Wessels, 32	4. Cecil Galloway, 31
5. Hugo Groenewald, 30	6. Daan Victor, 29
7. Dirk van Dyk, 28	8. Clive Bailey, 27
9. C Bezuidenhout, 26	10. Marietjie de Villiers, 24

- **Uitslae, Vr 16 Jul, OK Foods Enkel Stableford kompetisie:
*Results, Fri 16 Jul, OK Foods Single Stableford competition:***

1. Sakkie van der Merwe, 19	2. Deon Momberg, 17
3. Pietie Dry, 16	4. Pero Heyns, 14
5. Koos Myburgh, 13	

- **Uitslae, Sa 17 Jul: Enkel Stableford Kompetisie**
Results, Sat 17 Jul: Single Stableford Competition

1. Clive Bailey, 36	2. Marietjie de Villiers, 36
3. Pierre Halloway, 34	4. Johan Coetzee, 32
5. Solly Wessels, 32	6. Leon Lombaard, 31
7. Christo Spanellis, 31	8. Malcolm Bury, 29
9. Gina Esterhuizen, 29	10. René Myburgh, 29
Spog-twee: / Two-club: Hugo Groenewald (2)	



Ons Ligaspan verloor teen Kleinmond 1 op Caledon se baan, met 2 teenoor 4.

Our League Team lost a game against Kleinmond 1 on the Caledon course with 2 versus 4.

Ons span was: / Our team were:

Pieter Loubser, Francois van der Merwe, Bev Swart, André Hage, Corrie Avenant, Metvin Tobias.

- **Uitslae, So 18 Jul, 9-putjie Enkel Stableford kompetisie:**
Results, Sun 18 Jul, 9-hole Single Stableford competition:

1. Pieter Uys, 20	2. Christo Spanellis, 20
3. Johan Paulsen, 18	4. Gina Esterhuizen, 16
5. George Hunt, 15	6. Gustav Rabe, 15

- **Uitslae, Wo 21 Jul, Sloegters Enkel Stableford kompetisie:**
Results, Wed 21 Jul, Sloegters Single Stableford competition:

Geen spel nie agv swak weer / No play due to bad weather
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- **Uitslae, Vr 23 Jul, OK Foods Enkel Stableford kompetisie:**
Results, Fri 23 Jul, OK Foods Single Stableford competition:

1. Hennie Kriel, 13	2. Koos Myburgh, 13
3. Pietie Uys, 12	4. Pero Heyns, 12
5. Johan Paulsen, 11	

- **Uitslae, Sa 24 Jul, 4 BBB Stableford kompetisie:**
Results, Sat 24 Jul, 4BBB Stableford competition:

1. Athol Kent & Marietjie de Villiers, 45 pte/pts
2. Daniël vd Merwe & André vd Merwe, 44
3. George Hunt & Johan Pieterse, 41
4. Solly Wessels & Leon Lombaard, 41
5. Francois vd Merwe & Daniël vd Merwe, 39
6. Johan Coetzee & Malcolm Bury, 37
7. Du Toit van Sittert & Willem Germishuys, 36
8. Johan Pfister & El Matthee, 34
9. Nico Latsky & Cecil Galloway, 34
10. Daan Victor & Clive Bailey, 34



- **Uitslae, So 25 Jul, 9-putjie Enkel Stableford kompetisie:**
Results, Sun 25 Jul, 9-hole Single Stableford competition:

1. Hennie Kriel, 20	2. Christo Spanellis, 18
3. George Hunt, 17	4. Malcolm Bury, 17
5. John Smith, 16	6. Wouter Mentz, 15

- Uitslae, Wo 28 Jul: Sloegters Enkel Stableford kompetisie:
Results, Wed 28 Jul: Sloegters Single Stableford competition:

1. Bev Swart, 35	2. Cecil Galloway, 34
3. Johan Coetzee, 33	4. Marietjie de Villiers, 32
5. Solly Wessels, 32	6. Johan Pieterse, 31
7. Joe Cesare, 31	8. Clive Bailey, 29
9. George Hunt, 29	10. Hugo Groenewald, 29
Spog-twee: / Two-club: Johan Coetzee (2)	



Van ons geleerde lede – 2 professore en 2 onderwysers



Ons eie interne werktuigkundige

KOMENDE KOMPETISIES: UPCOMING COMPETITIONS:

AUGUSTUS 2021			
DATUM / DATE	DAG / DAY	KOMPETISIE / COMPETITION	INFORMASIE: TYE / BORGE INFORMATION: TIME / SPONSORS
1	So/Sun	Enkel / <i>Single Stableford</i>	BEGIN 10:00
4	Wo/Wed	Enkel / <i>Single Stableford</i> (Sloegters)	
6	Vr/Fri	9 gate Enkel / <i>Single Stableford</i>	OK FOODS
7	Sa / Sat	Houespel Kompetisie Medal Competition	
8	So/Sun	Enkel / <i>Single Stableford</i>	BEGIN 10:00
11	Wo/Wed	Enkel / <i>Single Stableford</i> (Sloegters)	
13	Vr/Fri	9 gate Enkel / <i>Single Stableford</i>	OK FOODS
14	Sa / Sat	4 BBB Stableford Kompetisie (voorkeur afslaan) 4 BBB Stableford Competition (preferred drive)	Gansbaai Borgdag Gansbaai Sponsored Day
15	So/Sun	Enkel / <i>Single Stableford</i>	BEGIN 10:00
18	Wo/Wed	Enkel / <i>Single Stableford</i> (Sloegters)	
20	Vr/Fri	9 gate Enkel / <i>Single Stableford</i>	OK FOODS
21	Sa / Sat	Gekombineerde Stableford Kompetisie Combined Stableford Competition	
22	So/Sun	Enkel / <i>Single Stableford</i>	BEGIN 10:00
25	Wo/Wed	Enkel / <i>Single Stableford</i> (Sloegters)	
27	Vr/Fri	9 gate Enkel / <i>Single Stableford</i>	OK FOODS; Steak Evening
28	Sa / Sat	Enkel Stableford Kompetisie Single Stableford Competition	
29	So/Sun	Enkel / <i>Single Stableford</i>	BEGIN 10:00

AUGUSTUS VERJAARSDAE

AUGUSTUS BIRTHDAYS

Happy birthday, valued member !!! / Veels geluk, geagte lid !!!

1

- Steve Muller

6

- Margie Muller

7

- Jan le Roux

8

- Astrid Lochner
- Tanja Kleynhans

9

- Renier Viljoen

14

- Frikkie van Eeden

18

- PA Farell

31

- Duri Trechsel
- Douw Rossouw

GOLF GAME TIPS

Tip 1: **Warm Up.**

Many of you want to warm up before golf, but you're not quite sure what to do.

Today's tip 1 will bring some clarity on the perfect **Golf Warm Up.**

According to a study produced by the British Journal of Sports Medicine, a dynamic warm up can have a significant impact on your clubhead speed. In fact, following a study conducted on 20 golfers of matching gender, age and handicap, it appears those who performed dynamic warm up stretches as opposed to those who did nothing before play, **clubhead speed was increased by over 24%!**

Studies similar to the one just mentioned have shown that the best way to warm up just prior to a round of golf is through the use of dynamic stretches. Dynamic stretches are those that keep the body in constant motion. They are not stretches which you hold for 10, 20 or even 30 seconds.

These are stretches you hold for no more than 1 to 2 seconds and keep your body temperature warm with fluid movements. Take a look at one of players' favourite "on course" stretches below. Try it before your next game and see what you think.

To perform this exercise...place both hands over your head while grasping the club slightly further than shoulder width apart. Cross left leg over the top of right leg and bend forward from the hip while keeping a straight back. Hold for the count of 1-2 seconds, then switch legs. Repeat this stretch about 10 times.



Tip 2: Backspin.

What does every golfer want more of around the green?

Backspin!

I don't know about you, but on the rare occasion that an amateur hits a wedge or short iron shot that lands on the green and spins back to the pin, he/she feels like a pro.

Having that kind of control on short approach shots is a huge advantage, and by using the following few tips, you can actually get more spin on your short iron and wedge shots.

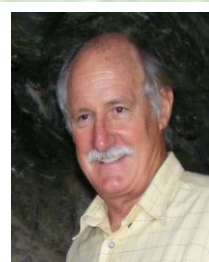
Hit down on the ball: *While you may have heard this tip before, you may not be aware that it is one of the key elements of getting spin on the ball. If you aren't coming into impact at a descending angle your ball won't be able to climb up the club face and grab the grooves like it should. A great way to ensure you are hitting down is to practice taking a divot after the ball.*

Hit it solid: *Unless you are making solid contact on your shots, there just isn't much hope of getting good spin on the ball. To practice hitting solid shots, start with a very small swing, and don't increase the size of your swing until you hit 3 shots in a row with that perfectly "crisp" feeling a well struck shot provides. If you have to reduce your swing down to a chip shot size, that's fine -- the only goal is to hit it solid every single time.*

Keep your clubs clean: *This might seem like an odd tip, but it's one of the most overlooked when it comes to getting good spin on your approach shots. If your grooves are filled with sand or dirt, there is just no way for them to grab the golf ball and put any sort of spin on it. Keep your clubs clean at all times.*

*This Newsletter was compiled by Fanus Walters.
You are welcome to contact the Club at:
Hierdie Nuusbrief is deur Fanus Walters opgestel.
U is welkom om die Klub te kontak, by:*

Golf email: gbgholf@gmail.com
Web address: https://xplorio.com/gansbaai_golf
Facebook: Gansbaai Gholfklub/Golf Club



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