

# Good Times

April 2024 | Issue 4

THE MONTHLY NEWS OF ROYAL JOHANNESBURG

## TABLE OF CONTENTS

FROM OUTSIDE  
THE CLOCK TOWER • P. 2

HAPPY GOLFING • P. 10

CALENDAR • P. 13

LADIES GOLF • P. 15

RETAIL • P. 18

TIP OF THE MONTH • P. 21

FROM EAST TO WEST • P. 23

THE CHEFS TABLE • P. 27

HELLO HONEY • P. 30

HEALTH & WELLNESS FIX • P. 32

AIMPOINT • P. 37



BENTLEY BOULEVARD

# TSR

The hours have been put in. The work has been done.  
As the moment approaches, you either fear it or feel it.  
So step up and settle in with confidence. Titleist TSR is here.

#FindYourFaster



*Titleist*

# From outside the Clocktower

By, Candice Humphrey

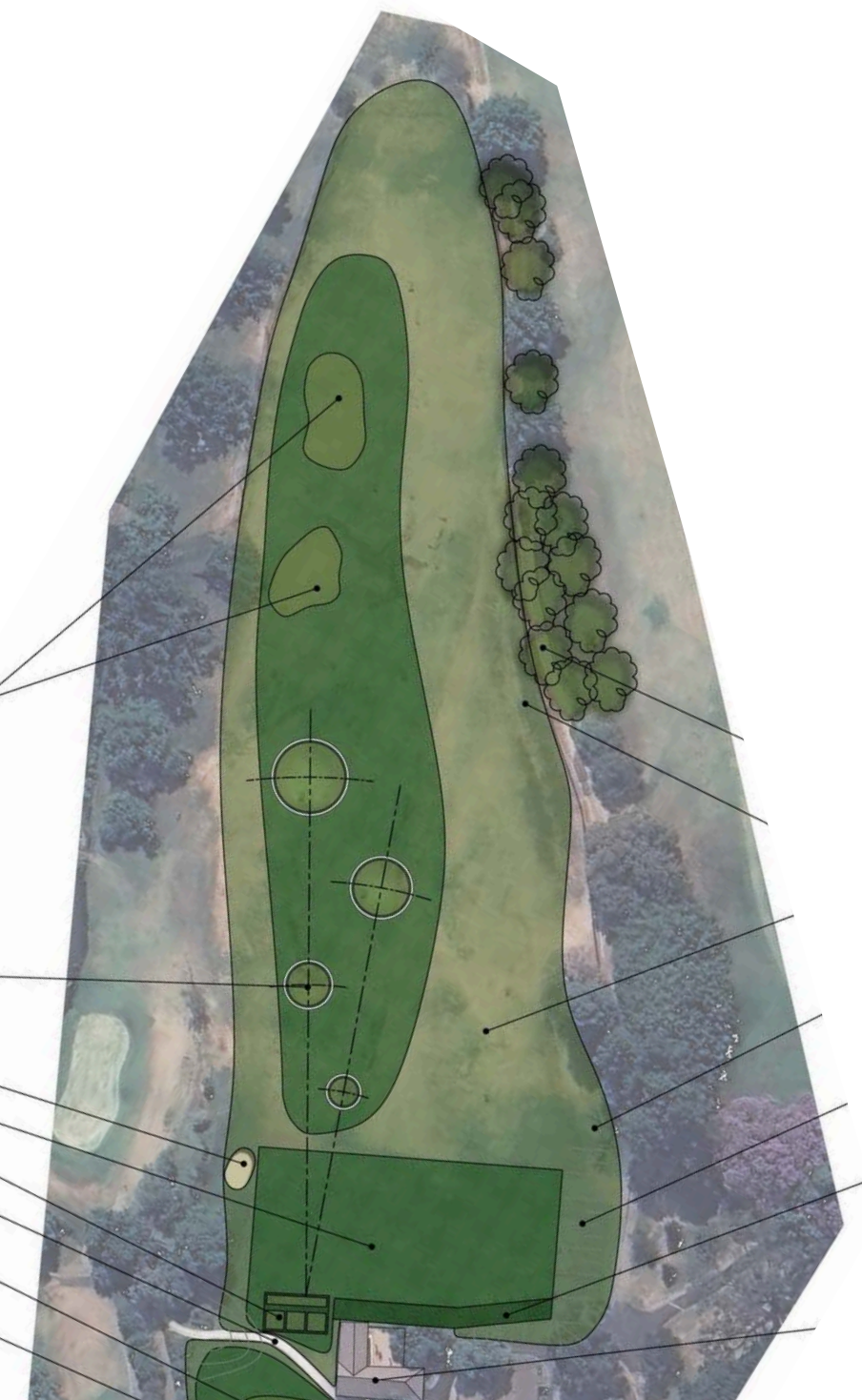
It has been another busy month at the Club and the autumn colours are simply spectacular – it's certainly the most beautiful time of the year to play golf. We bid a fond farewell to our outgoing CEO, Christopher Bentley, who has left an indelible mark on the Club through significant enhancements over his 11-year tenure. In a touching tribute, the golfer's entrance has been aptly named "Bentley Boulevard," leaving a lasting testament to Chris's incredible contributions.



We are also excited to announce Jason Bird as our incoming CEO, set to join us on 1 August 2024. He is currently the Managing Director of De Zalze Golf Estate in the Cape and exudes all the qualities and management skills to fulfil the post. His qualifications more than speak for themselves and there is no doubt that he is the ideal candidate to take up this esteemed role. Jason is poised to lead our Club to new heights, we eagerly anticipate welcoming him and encourage all members to extend a warm greeting.



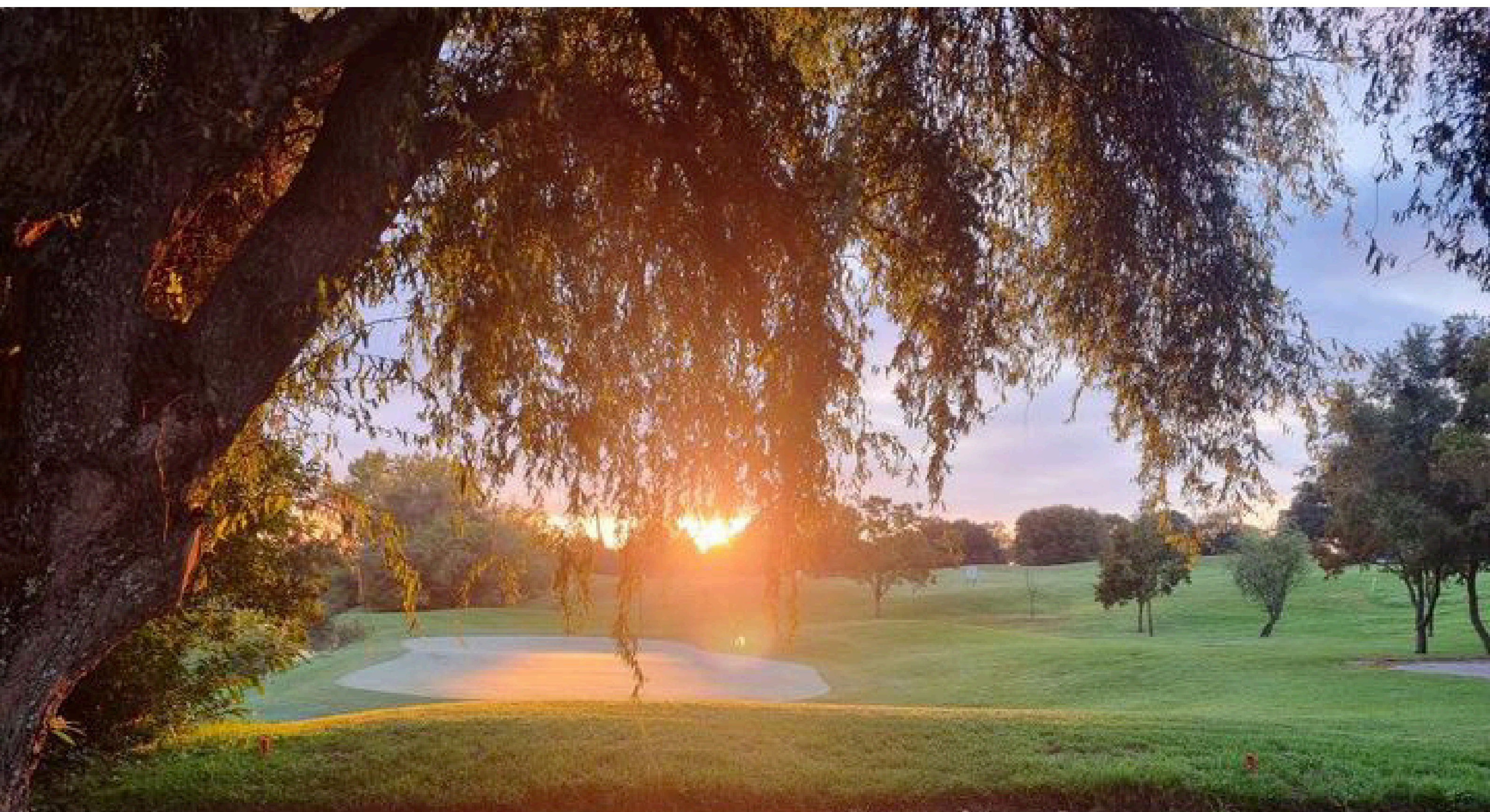
As we near the financial year end, 30 June 2024, our membership renewals have been released and we are delighted to offer our members some great early bird incentives. Reflecting our commitment to providing exceptional value proposition and balancing member satisfaction, value for money and the capital required to keep running the Club successfully. We look forward to continuing to enhance your Club experience and appreciate your ongoing support.



The continual quest for improvement has always been a hallmark of our commitment to members, and it is with great excitement that we announce an upcoming upgrade to our range facilities, a change that is perhaps overdue. In a collaborative effort with Martin, the Club has greenlit some exciting plans aimed at enhancing the driving range. This initiative is about enriching the overall experience for our members. Stay tuned for more detailed information in the upcoming months, as we're eager to share how these changes will unfold and contribute to the member experience. The future looks bright, and this is just the beginning of our journey towards offering an unparalleled golfing experience.



This week, our Club is honoured to be hosting the prestigious Waterfall City Tournament of Champions, brought to you by Attaqc. The tournament is set to unfold on a specially designed composite 9-hole course within our East Championship Course, offering a unique and challenging experience for participants. Scheduled from Tuesday, 30th April to Sunday, 5th May 2024, the tournament's final rounds will be broadcast live on Supersport. Our Club is in fantastic condition, with both courses showcasing the meticulous care and dedication of our course team. We are excited to present the excellence of our Club to a wider audience through TV, affirming our reputation as a leading golfing destination. We eagerly anticipate welcoming both participants and spectators to what promises to be a memorable week of top-tier golf.





VOTE FOR US



Africa's  
Best Golf Course



South Africa's  
Best Golf Course

---

# 2024 WORLD GOLF AWARDS

EAST COURSE NOMINATED  
Best in Africa & Best in SA

---

[WWW.WORLDGOLFAWARDS.COM](http://WWW.WORLDGOLFAWARDS.COM)





ROYAL  
JOHANNESBURG  
EST. 1890

REQUEST YOUR PRO FORMA

# MEMBERSHIP RENEWAL

1 JULY 2024 - 30 JUNE 2025





A romantic scene of a bride and groom embracing at sunset. The groom is in a grey suit and the bride is in a white lace dress. They are standing in front of a large tree with a sunset sky in the background.

Your perfect  
venue

[functions@royaljhb.co.za](mailto:functions@royaljhb.co.za)

A man in a blue shirt and a green and black kilt stands on a golf course, holding a clipboard. A woman in a teal shirt and grey skirt stands with her back to the camera, looking out over the green. The background shows a golf course with other people and a golf cart.

Grow  
Membership

[membership@royaljhb.co.za](mailto:membership@royaljhb.co.za)



# Club trip to paradise

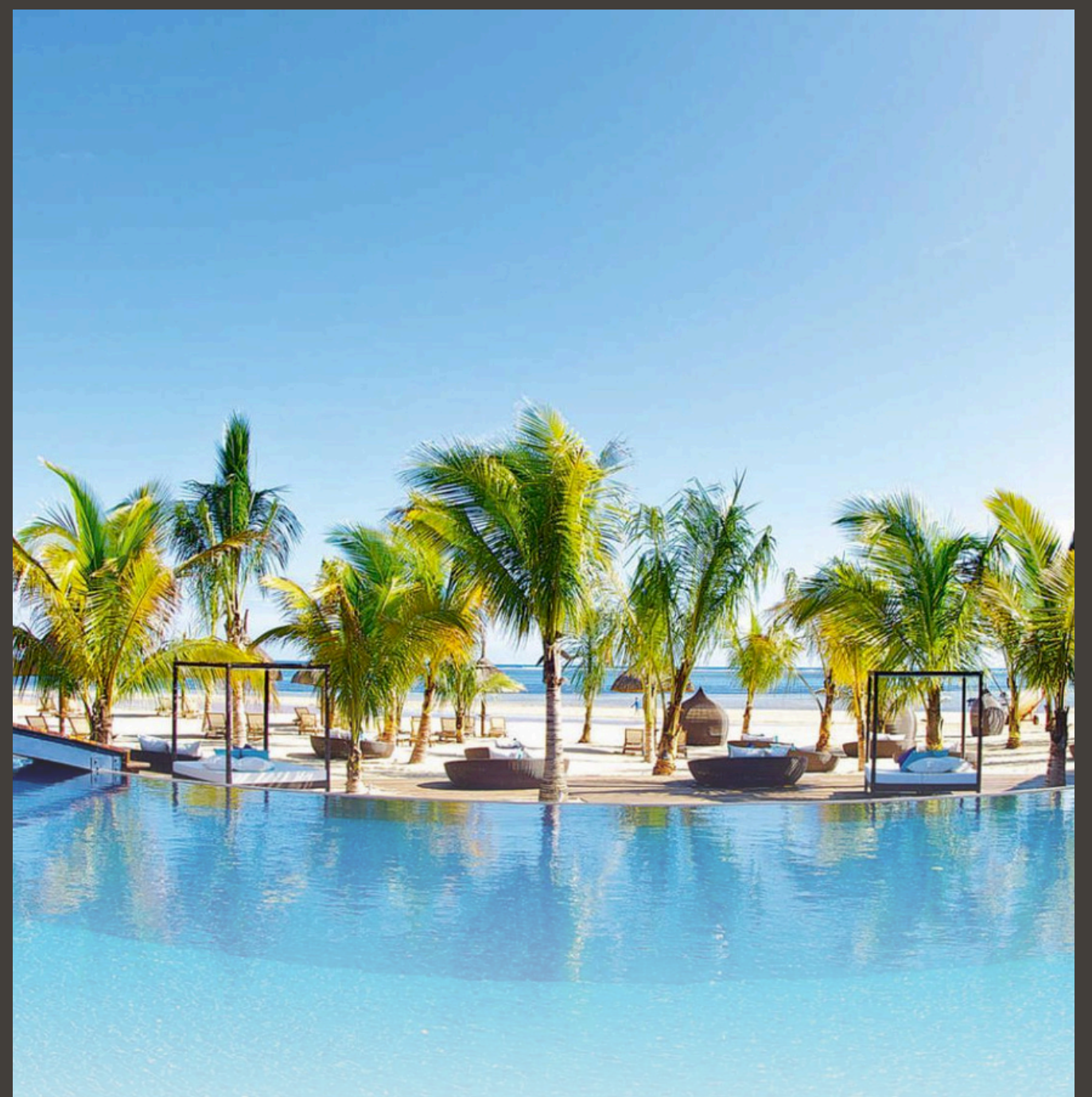
[Jan-louis.nel@golftraveller](mailto:Jan-louis.nel@golftraveller)

## BEST OF MAURITIUS

9 - 16 JUNE 2024

Accommodation, transfers, bucket list courses

and unforgettable memories! Hosted by a Royal, PGASA Professional



# Happy Golfing

By, Shaun Carter | Golf Manager



## WINTER GOLF NEVER LOOKED SO GOOD!

As we head into the winter months, later tee-times, earlier sunsets and leaves falling everywhere on the course, it is essential that we focus on one of the most talked about and critical aspects of our sport – pace of play!

Pace of play affects everyone on the course. Slow play not only disrupts the flow of the game but also has a ripple effect on players' experiences, leading to frustration, decreased enjoyment, and even potential damage to the reputation of our Club. Please adhere to the following guidelines when out playing your golf:

- At Royal, four hours and thirty is not a goal, but rather an expectation.
- Nine holes should be completed in two hours and ten minutes and if this time is exceeded, then grab and go will be enforced.
- Every tee-time is as important as the next. Members who tee off first, whether it be in the morning or afternoon, are our pacemakers and set the tone for the field.

- Our marshals always have a pace of play matrix with them and we expect Royal members to respect the marshals and their requests at all times.
- We urge all our members to prioritize pace of play in your upcoming rounds. Be mindful of your actions on the course and the pace at which your group walks between shots. Small adjustments can make a significant difference in keeping the game moving smoothly and efficiently.
- Please keep up with the group in front of you and not ahead of the group behind you.

Thank you to the 15 teams who took part in the 1st round of the Interschools Challenge held on 20 April and well done to Stella team and 2 Club Goose team who share the lead with 130 points each. We look forward to the 2nd round of the Challenge that will be held on 22 June.

Should you still be having problems with your HNA app, please come to the front desk and we will do our best to assist you.



Our league teams are all well into their 2024 season as at 28 April, the standing are as follows:

- Scratch League 1 – A Division – joint 1st position after 1st round
- Scratch League 2 – C Division – joint 4th position after 1st round
- Betterball League – B Division – 5th position
- Betterball League – C Division – 7th position
- Junior League – B Division – joint 1st position
- Mid-Am – A Division – 2nd position
- Mid-Am – C Division – 2nd position

The Waterfall City Tournament of Champions promises to be an exciting event, highlighting the elite talents of the very best on the Sunshine Tour. This event is not only an opportunity to display their skills on our course but also a chance to come together as a Club and celebrate our shared love for the game. We encourage all members to show their support for the tournament by spectating and spreading the word. Let's rally behind this event and make it a resounding success for our Club.

Don't forget to rake your bunkers and fix your pitch marks..





May  
2024

<b>Wednesday 1st May</b>	Public Holiday Individual Stableford   Waterfall City Tournament of Champions East Course
<b>Saturday 4th May</b>	Standard Bank International Pairs - Betterball Stableford Waterfall City Tournament of Champions East Course
<b>Sunday 5th May</b>	Alliance 2 scores to count   Waterfall City Tournament of Champions East Course
<b>Monday 6th May</b>	<b>Double Course Golf Day - Both courses closed</b>
<b>Tuesday 7th May</b>	<b>Double Course Golf Day - Both courses closed AM</b>
<b>Wednesday 8th May</b>	Greg's Day Betterball Stableford
<b>Thursday 9th May</b>	Ladies Weekday League (Round 5)
<b>Saturday 11th May</b>	Individual - Medal (West)   Individual Stableford (East)   Mid-Am League (Round 3)
<b>Sunday 12th May</b>	Betterball Medal   Mothers Day   Mother's Day Buffet (The Old Oak) Ladies Sunday League
<b>Monday 13th May</b>	<b>West Course Closed</b>
<b>Tuesday 14th May</b>	Ladies Comp - 4 Ball Alliance (West course)
<b>Wednesday 15th May</b>	Betterball Bonus Bogey
<b>Saturday 18th May</b>	Betterball Bonus Bogey
<b>Sunday 19th May</b>	Individual Stableford Junior League (R 3)   Betterball League (R 5)
<b>Monday 20th May</b>	<b>East Course Closed</b>
<b>Tuesday 21st May</b>	Ladies Comp - Betterball Comp (East Course)
<b>Wednesday 22nd May</b>	Golf Directors Surprise
<b>Saturday 25th May</b>	Alliance 2 Scores to count
<b>Sunday 26th May</b>	Betterball Stableford   Scratch League (Round 2)
<b>Monday 27th May</b>	<b>West Course Closed</b>
<b>Tuesday 28th May</b>	Ladies Comp - 3 Ball Alliance (West Course)
<b>Wednesday 29th May</b>	Betterball Stableford

*Please note dates are subject to change, please confirm with the Club. Additional events will be added as confirmed*

[www.royaljhb.co.za](http://www.royaljhb.co.za)



LOADING ...



New website  
Launching soon...

# Ladies Golf

By, Wendy Huddy | Ladies Golf Manager



Congratulations to Cassandra Alexander on her wonderful win at the ABSA Ladies Invitational at the Serengeti Estate earlier this month - Cassandra won by an impressive four shots. Ash Buhai is back campaigning on the LPGA tour and hopefully will have a good run of form for the rest of the season.

Yet again, a ladies' open day has had to be cancelled due to bad weather. Our Masters ladies open day, due to be held on 9 April, was cancelled the night before due to very heavy rains and the courses being waterlogged but we will try again on Tuesday 9 July, when we will host a Wimbledon day! So please diarise and I will ask for names shortly.

Our ladies league teams had mixed fortunes in April with our two weekday teams recording victories against their opposition at home on Tuesday 18 April and our Sunday team narrowly going down to Bryanston, at Bryanston on 21 April.

League Standings:

Weekday 1 handicap team	A division	Joint leaders
Weekday 2 handicap team	C division	Joint 2nd position
Sunday handicap team	A division	Joint 3rd position

All bodes well for the rest of the season....



CGGU have introduced a Mixed Betterball league this year, which is very exciting and the team of Craig Blankers and Carmen Taljaard, Jono Sinden and Kath Smith and Vusi Mzamo and Steph Govender played their first fixture on Sunday 28 April at Wanderers. From all accounts, it was a great afternoon and the team played well.

Helen Tyne carried her great form over from Club Championships to win the 2024 Esther Gallie Trophy and the Captains Cup (bronze players) in the SWGG outing held at Royal on 19 April. Helen won with an impressive 40 points with Lucinda Mohring coming second with 36 points. Well played Helen..

Our April month finished on a high on Tuesday 30 April with the Tuesday ladies, some BG's and some old friends from Kensington, coming together to celebrate Joey Coetzee's 90th birthday! Joey is still playing golf on Tuesday mornings and on many an occasion, is in the winner's circle. She is an inspiration to us all and it was wonderful to be able to celebrate Joey and we were fortunate that Sandra, her daughter, was able to join us for snacks and bubbles after the Tuesday competition. What a champ you are Joey!

Thanks ladies and look forward to seeing many of you around the Club.





NEW VOKEY DESIGN SM10 WEDGES.  
SHARPEN YOUR SHORT GAME.



[proshop@royaljhb.co.za](mailto:proshop@royaljhb.co.za)

# Unlock exclusive benefits

Recently I have had the pleasure of fitting several of our members and I am pleased to report the following. When it comes to irons, nothing compares to the performance of Titleist. There's a model for every ability and the T-series consistently out-performs any other iron I have fitted. On the driver side, Callaway seem to be winning that race, especially on miss-hits. You lose very little ball speed and subsequently distance when not struck sweetly.

Our winter wear is arriving from all the major brands. Fj has already arrived, Under Armour will be in next week and Cutter and Buck has some beautiful articles as well.

Enjoy your golfing,

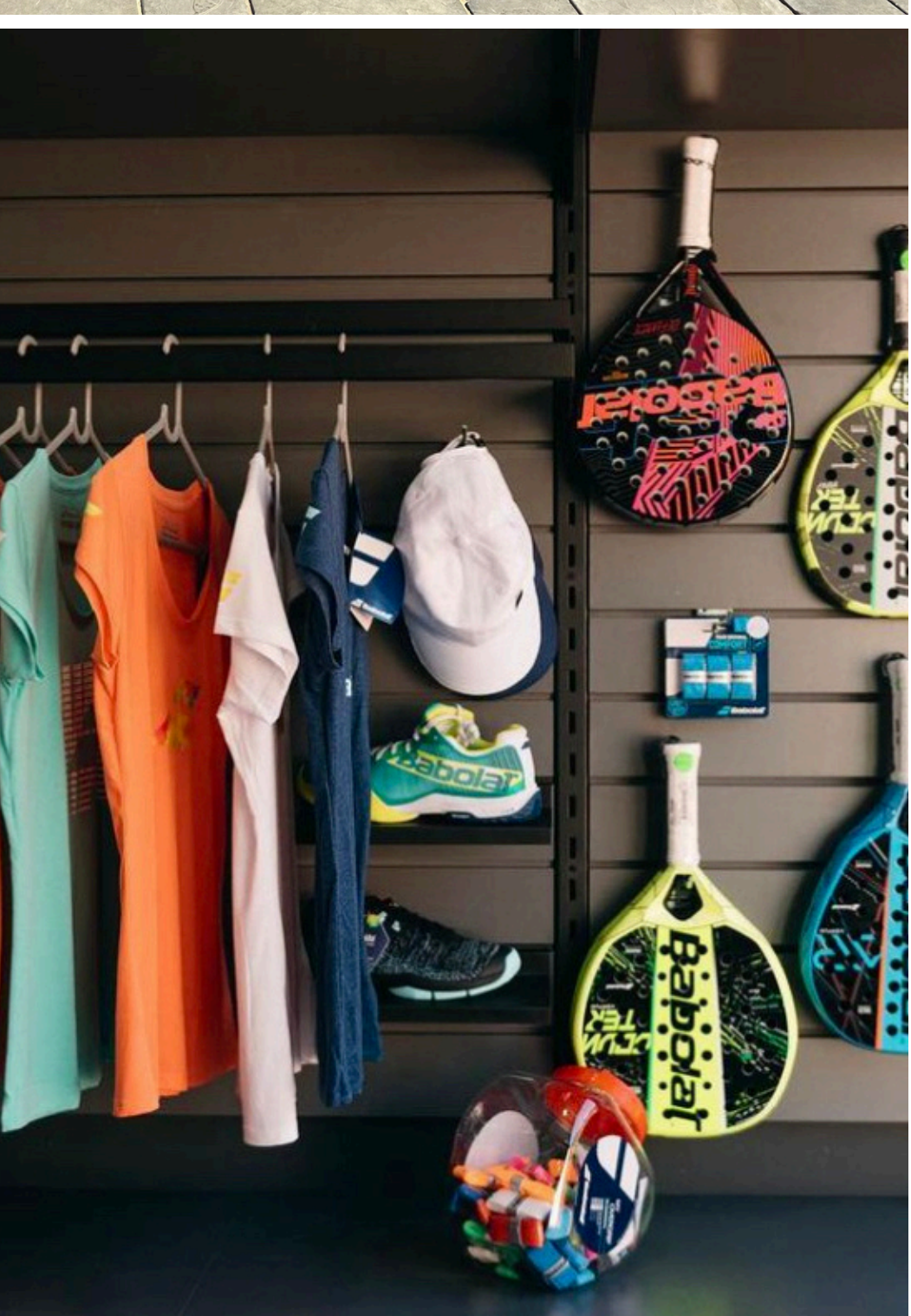




Padel @ Royal  
Book Now!

Members receive 25% off

Download  
Playtomic App





# Tip of the Month

By, Martin Briedé | Head Teaching Pro



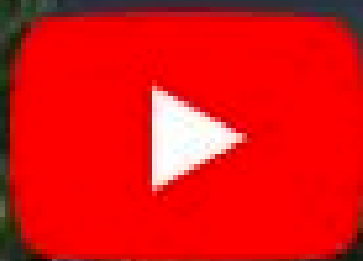
I write this article during the week of the Sunshine Tour's Waterfall City Tournament of Champions and I'm looking forward to seeing some great swings on the range this week. I would like to inform members that there will be exciting alterations to the range this coming July. The Board have approved the project which will include installing target greens and levelling the teeing area. This will form one tee which will significantly increase the number of hitting bays. The project will start on the 1st of July and will take approximately four to six weeks. Unfortunately, the range will be closed during this period.




Monthly Golf tip - April 2024



Share



Watch on  YouTube



During this construction period, lessons will continue and Gavan, Ricki and I will use this time to do lots of short game and on course lessons. Use this time to sharpen your putting, short game and course management. The legendary sports psychologist, Dr Bob Rotella, says the secret to good scoring lies in your ability from 100 metres and in. Check out my video this month on how to subtly change your grip to improve your lob and bunker shots.

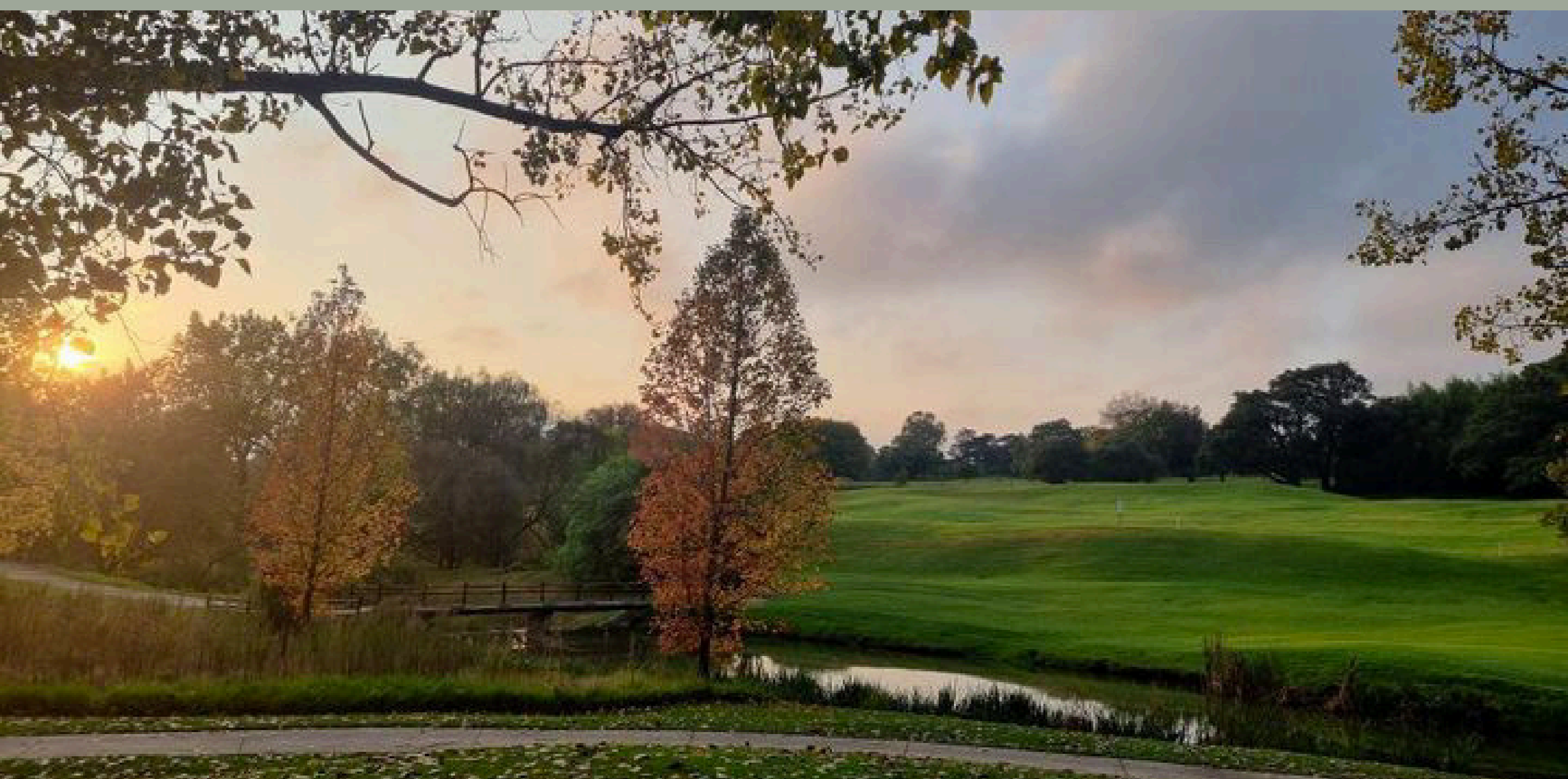
Also just a reminder that as winter is approaching the driving range operating hours have changed. On Monday the hours are from 08h00 to 16h15. This allows for some maintenance on the range. On Tuesday to Friday the hours are from 06h30 until 16h45 and on Saturday and Sunday the hours are from 06h00 to 16h15. All closing times refer to the last bucket sold.

Happy golfing! The courses are in beautiful condition and autumn is always a special time to play golf with all the trees changing colour.

Martin Briede 084 503 5477

Gavan Levenson 082 990 7186

Ricki Dembo 071 381 8715



A man with short blonde hair, wearing a grey quilted jacket over a blue collared shirt, is smiling slightly. He is positioned on the right side of the frame. The background is a vibrant, multi-colored geometric pattern consisting of overlapping diamond and square shapes in shades of orange, teal, red, and dark blue.

# From East to West

By, Jerry Steyn | Course Manager

I m m a c u l a t e   p l a y i n g   c o n d i t i o n s !

First and foremost, I would like to thank our outgoing CEO, Mr Christopher Bentley. Chris's leadership has been a huge mentorship for the whole maintenance department. Chris has taught us the value in teamwork, the value of leading by example and the importance of family. Royal has become one big family and hence the reason why all the different departments work well together. From all the course maintenance staff, we thank you Mr Bentley and we cannot thank you enough for everything you have done for us and our families - we will without a doubt miss you.

The second month of autumn has passed already and we have been very fortunate to have immaculate playing conditions and our courses are showing off their beauty. The Waterfall City Tournament is now upon us and I truly believe Royal will showcase its beauty during this event. We apologise again for any disruption caused during the construction of the temporary structures and the breakdown of them - repairs to these areas will commence once they have been removed.





We won't be carrying out any major maintenance after the event on the East course this week. We fertilized the West greens on the 15th of March and they will slow down for two weeks but the speeds will increase following week three. Our sweepers will be scheduled out daily to collect leaves and this exercise will be ongoing for the remainder of autumn and winter and until all the trees have shed their leaves. The new garden behind the 4th green is complete and mulch is installed. The garden on the left of the 10th tee has been extended and the pathway sodded and these two changes have made a huge impact on the aesthetics of the holes. During the tournament we will focus on repairing the pathway behind the 12th tee as this hole won't be in action during this week. New gardens are also planned for on the right-hand side of the 11th East tee and an extension of the 5th garden.

We have received 95% of our new fleet of machines and all that is outstanding is the two tee mowers on the West course. Excitedly, we can share that we are saving up to 25% of diesel per day when all the Hybrid mowers are out for mowing. The new hybrid technology is providing a huge saving, and we are reducing our carbon footprint after a long wait.

Enjoy the last month of autumn before we face the cold winter approaching.



**Club Competition Results**  
View now | April

**The Old Oak Restuarant**  
Book Now

**Mother's Day Lunch**  
SOLD OUT | 12 May 2024

**Father's Day Lunch**  
Enquire now | 16 June 2024

**Golf lessons**  
Enquire now

**Padel Membership**  
Enquire now



# The Chefs Table

By, Ransley Pietersen | Executive Chef

Food for thought:

*“The cuisine, it is all about putting generosity before  
rigour and pleasure before lucidity.” -*

*Pierre Gagnaire Another Golden Crown Trophy!*

The Old Oak has received another amazing award from Luxury Lifestyle Awards, being named The Best Luxury Family Restaurant in South Africa for the second consecutive year. Receiving this prestigious award is not just an accolade to the team but rather a testament to our unwavering commitment to excellence and the relentless pursuit of culinary perfection. The recognition of the countless hours spent in the kitchen, on the floor and everything that happens behind the scenes. A massive thank you and congratulations to the team that makes all of this possible.

As we approach the final curtain call of Restaurant Week 2024 Edition 1, The Old Oak restaurant currently ranks in the top 5 restaurants in Johannesburg. With another edition going live in October/November 2024, we are confident that we will move up a few slots in delivering stellar results by the end of RW2024. This has only been achieved through the tremendous hard work and dedication by our team. The journey has been a difficult road to navigate but the team has been resilient in soldiering on and achieving remarkable results.

We are excited to showcase our legendary hospitality, at the Waterfall Tournament of Champions powered by Attaqc. The event boasts luxury and elegance in celebrating local talent and there's no better course to host this event than The East Championship Course.

The response to our Mother's Day event has been nothing short of heartwarming. With bookings streaming in and filling up all available slots in under 24 hours was just incredible. We look forward to creating memorable moments and unforgettable memories with you and your family's.

Our Father's Day menu will be released the week after Mother's Day, stay tuned for the menu and details and be sure to reserve your seats to avoid disappointment.

Chef's Tables are taking a twist!- Step into the shadows of 'Smoke Stories' where whispers of intrigue mingle with the scent of oak and ember. The dancing flames reveal the whispers of forgotten lore filling the air. Coming Winter 2024!



THE OLD OAK

*Restaurant & Family Centre*

Book Now



# Hello Honey

By, Clinton Duncan | Royals Bee Guy

Autumn has started off relatively warm during the month of April with a cold snap which caught many by surprise. For the apiary and hives, this is where winter preparations play a vital role in securing the survival of the colonies. The colonies would have already started kicking out the larger males called drones in preparation for winter. I get asked this question a lot "Do bees hibernate?" The answer is no. The queen will still lay eggs but in reduced numbers, those numbers are half the numbers she would lay in the spring and summer but, the newly hatched winter baby bees will live slightly longer than their summer family. The biggest concern for the colony is do they have enough food to survive the winter because of professional apiculture in place, we only take an excess of honey from the colony giving the bees the best chance to survive especially in extreme cold and wet conditions. The honey not only acts as food reserves but also a layer of insulation for the bees.

A bee removal was also completed on the West course from a valve box beside the green of the 5th hole. Plans are in place to return one of the colonies removed from the 6th hole on the West course at the end of April. Showing our commitment to the rehabilitation of colonies and for their safe return.

Royal apiary program. The number of colonies going into the winter season- 8

# Your business playground

[functions@royaljhb.co.za](mailto:functions@royaljhb.co.za)

Support your Club, network with like-minded people. Have freedom to be alone or together, working or having fun. Your place of belonging in 2024. We look forward to hosting your wedding, charity day or corporate event.







# Your health & wellness fix

## Weight Training for golf: Hindrance or Helpful?

Last month I spoke about golf warm ups and why they are so beneficial, especially for the regular club golfer. This month I am going to give my “36000 feet” opinion on weight training, and its role in golf.

Weight training in professional golf has gone through quite the metamorphosis over the years, with pioneers like Gary Player, Greg Norman and Tiger Woods pioneering weight training in their respective eras, to essentially every successful golfer on every tour embracing weight training as much as range work in their day to day activities.

There has been a train of thought where weight training, or resistance work will “make you too sore” to play, or golfers are resistant to weight training because they don't want to become “bodybuilders”.

The truth is weight training, or resistance work can be extremely beneficial to golfers, with the key phrase being “when applied correctly”. I am going to list some benefits below as this is a big topic which I will go into over the coming newsletters:

1. Resistance training increases strength: Bryson Dechambeau made a bold decision a few years ago to increase his strength and muscle mass, which has transformed his game! More muscle means more force production, which can lead to greater clubhead speed and distance.
2. Resistance training builds muscle: as part of point one, with more muscle mass comes strength, and with more strength comes more clubhead speed and distance
3. Resistance work helps prevent/manage injuries: muscle is the support structure around the joints and skeleton, so with more muscle comes some more support for those joints, which can reduce load on areas like the back, and even reduce pain
4. Resistance training is healthy: our day-to-day occupations have become less physically demanding, and so people move around less, losing muscle mass and becoming more unhealthy. Lifting weights has become necessary to offset our inactive occupations
5. Resistance Training changes your body shape: muscle gives your body shape, and also requires more energy to contract and relax, so having more muscle in your body can actually help burn fat!
6. Resistance training is good for bone health and density: lifting weights creates mechanical stress on the bones through actual load and muscle contractions pulling on the bone. This in turn causes bone remodeling and is a great way to treat osteoporosis.
7. Weight training is good for kids: this concept has changed over the years as we see more kids struggling with inactivity and sedentary lifestyle issues, weight training can be hugely beneficial for kids, when correctly supervised.



With many more benefits included in the ones mentioned above, the big question is why don't more people lift weights when they go to gym? Lack of knowledge, intimidation, confidence, previous bad experiences and available time are some of the reasons, but weight training is not necessarily something that has to be done every day. In fact, rest days are needed to allow for the body to recover.

The key to incorporating resistance work into your training is having a plan, and some guidance on how to do it correctly, safely with the most benefit for you.

If you would like to chat to me about a tailored training program, or book your golf fitness assessment, you can do it on my website ([www.gavingrovestraining.co.za](http://www.gavingrovestraining.co.za)) or [fitness@royaljhb.co.za](mailto:fitness@royaljhb.co.za)



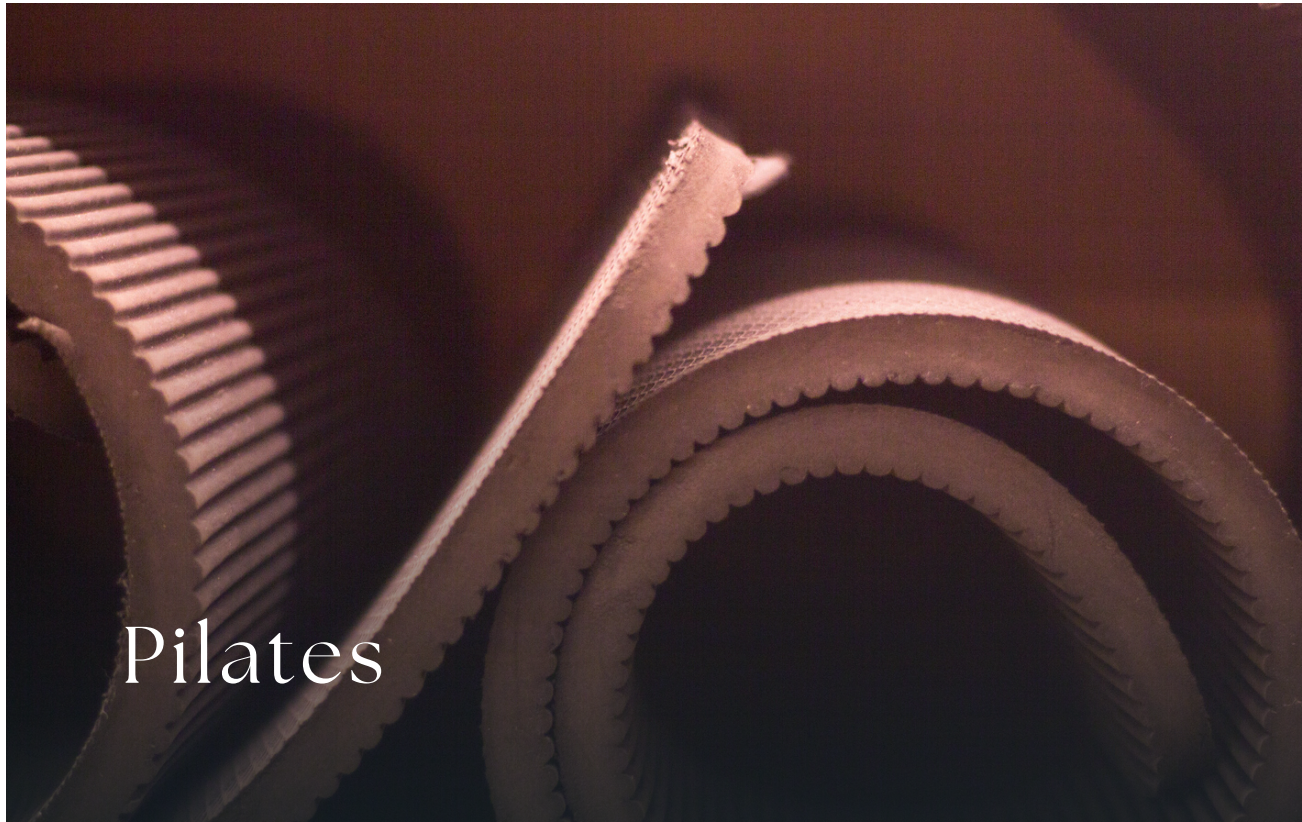
# HOME SWEAT HOME

BUILD YOUR OWN GYM



# Join us

[fitness@royaljhb.co.za](mailto:fitness@royaljhb.co.za)



Pilates



Personal Training



Bio, Chiro & Massage



'Get fit' Classes

With our state of the art gym equipment and wonderful service providers, the Royal Retreat Wellness & Fitness centre is the perfect venue to reach all your goals. With discounts for existing members it is the perfect opportunity.



# AimPoint

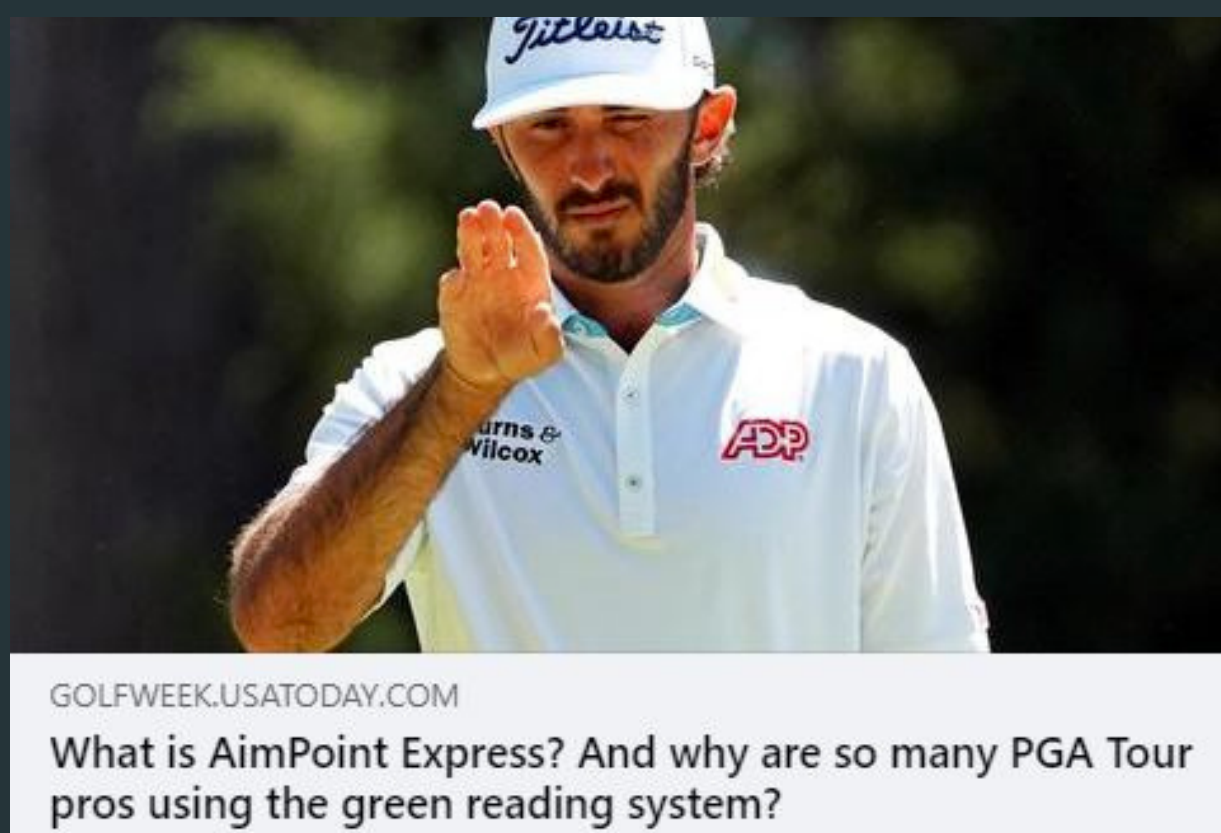
**Sandra van den Bergh**

Certified level 3 AimPoint Instructor

## Masters 2024

Another exciting Masters was held at Augusta National Golf Club 11 -14 Apr 2024. The total purse was \$16,000,000. AimPoint players won \$11,000,000 of this prize money.

The top 5 are all AimPoint users - T1 Scheffler's caddy, T2 Aberg, T3 Fleetwood, T3 Morikawa and T3 Homa. Great showcase of how AimPoint assisted many players with reading the challenging greens at The Masters.



Mark Sweeney is a true genius to have invented AimPoint Express. So many tour pros, amateurs, junior golfers and social golfers are using AimPoint worldwide and here in South Africa. Why guess when you can be certain.



Justin Rose and his prep for Augusta with Aimpoint Golf.



On the local front - so happy for Deon Germishuys winning the Limpopo Championship. Deon and his caddy JT Scheepers, did the AimPoint training with me in August last year.

C: 0832911183

Twitter: @svdberghgolf

Facebook: Aimpointgolf South Africa

Instagram: aimpointgolfsouthafrica

# Bespoke Fitness Biokinetic

By, Dale Ebell | Biokineticist (HPCSA/BASA)

## L o w e r   B a c k   P a i n   i n   G o l f e r s

Lower back pain can alter a golfer's swing mechanics in several ways:

1. **Limited Rotation:** Lower back pain can restrict the golfer's ability to rotate their torso fully during the swing. This limitation reduces the amount of torque generated and hampers the transfer of power from the lower body to the club, resulting in decreased swing speed and distance.
2. **Loss of Stability:** The lower back plays a crucial role in maintaining stability and balance throughout the swing. When in pain, the golfer may struggle to maintain proper posture, leading to inconsistencies in ball striking and accuracy.
3. **Compensation Patterns:** To avoid aggravating the pain, golfers with lower back issues may subconsciously alter their swing mechanics, leading to compensatory movements. These compensations can disrupt the natural flow of the swing and result in poor shot outcomes.
4. **Decreased Follow-through:** Lower back pain can inhibit the golfer's ability to complete a full follow-through, impacting the fluidity and power of the swing. This shortened follow-through may also increase strain on other areas of the body, such as the shoulders and arms.

Lower back pain in golfers can stem from various causes, including:

1. **Poor Swing Mechanics:** Incorrect swing mechanics, such as over-rotation, improper weight shift, or excessive lateral movement, can place strain on the lower back over time.
2. **Muscle Imbalances:** Weakness or tightness in certain muscles, particularly those of the core and lower back, can lead to compensatory movements during the swing, increasing the risk of injury.
3. **Repetitive Motion:** The repetitive nature of the golf swing, combined with the high forces involved, can lead to overuse injuries in the lower back, including muscle strains, ligament sprains, and stress fractures.
4. **Flexibility Issues:** Limited flexibility in the hips, hamstrings, and thoracic spine can restrict the golfer's ability to rotate efficiently during the swing, placing additional stress on the lower back.
5. **Age and Degeneration:** As golfers age, the natural degeneration of spinal discs and joints can contribute to lower back pain, especially if there are underlying conditions such as arthritis or spinal stenosis.
6. **Trauma or Injury:** Traumatic events such as a fall or sudden impact while playing golf can cause acute injuries to the lower back, such as muscle tears, herniated discs, or vertebral fractures.

Lower back pain can disrupt the biomechanics of the golf swing, resulting in decreased performance and an increased risk of injury. It's essential for golfers to address any discomfort through proper conditioning, flexibility exercises, and, if necessary, consultation with a medical professional or golf instructor for swing modifications.







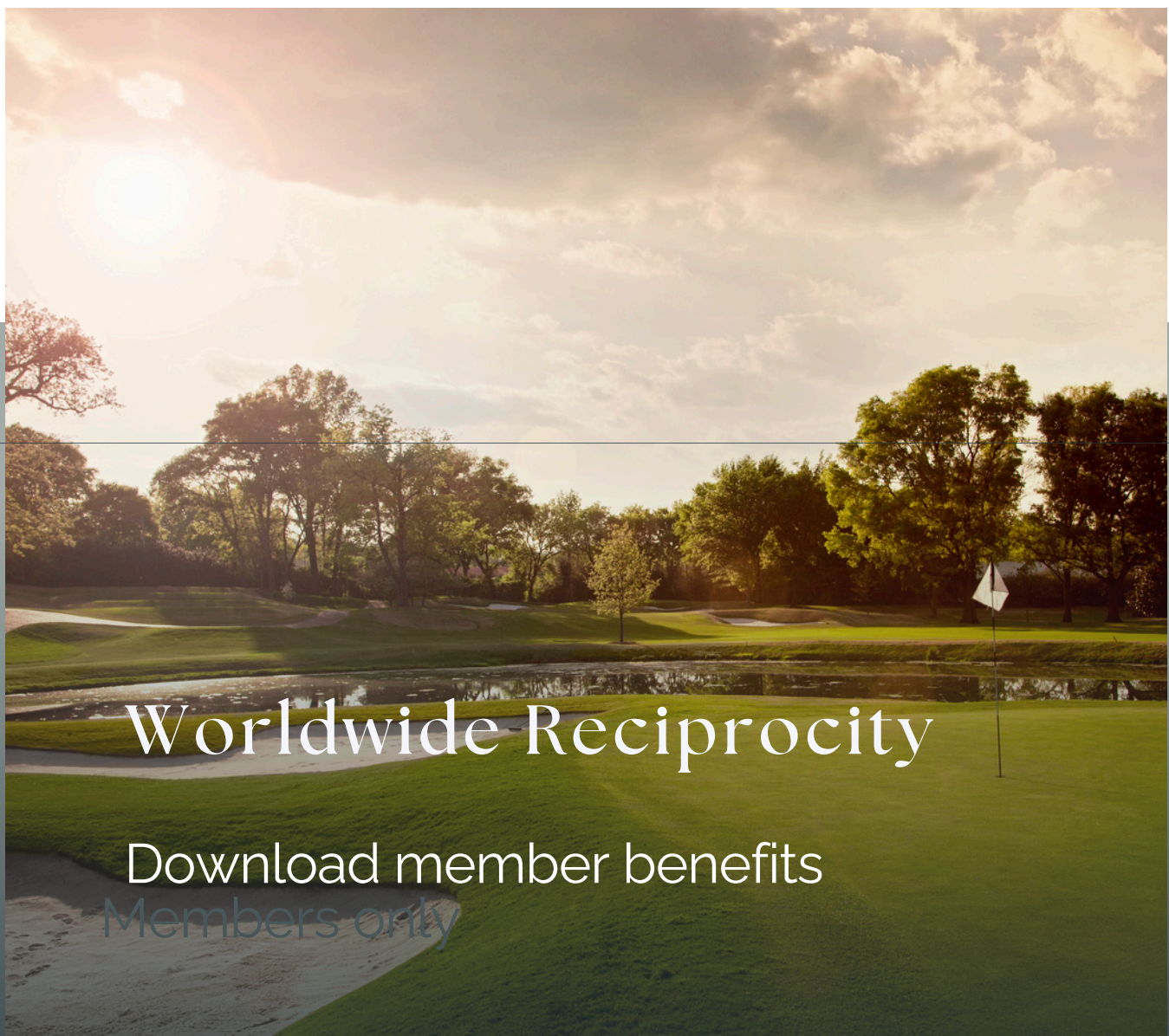
10% off F&B

Top up your clubcard



Free Venue Hire

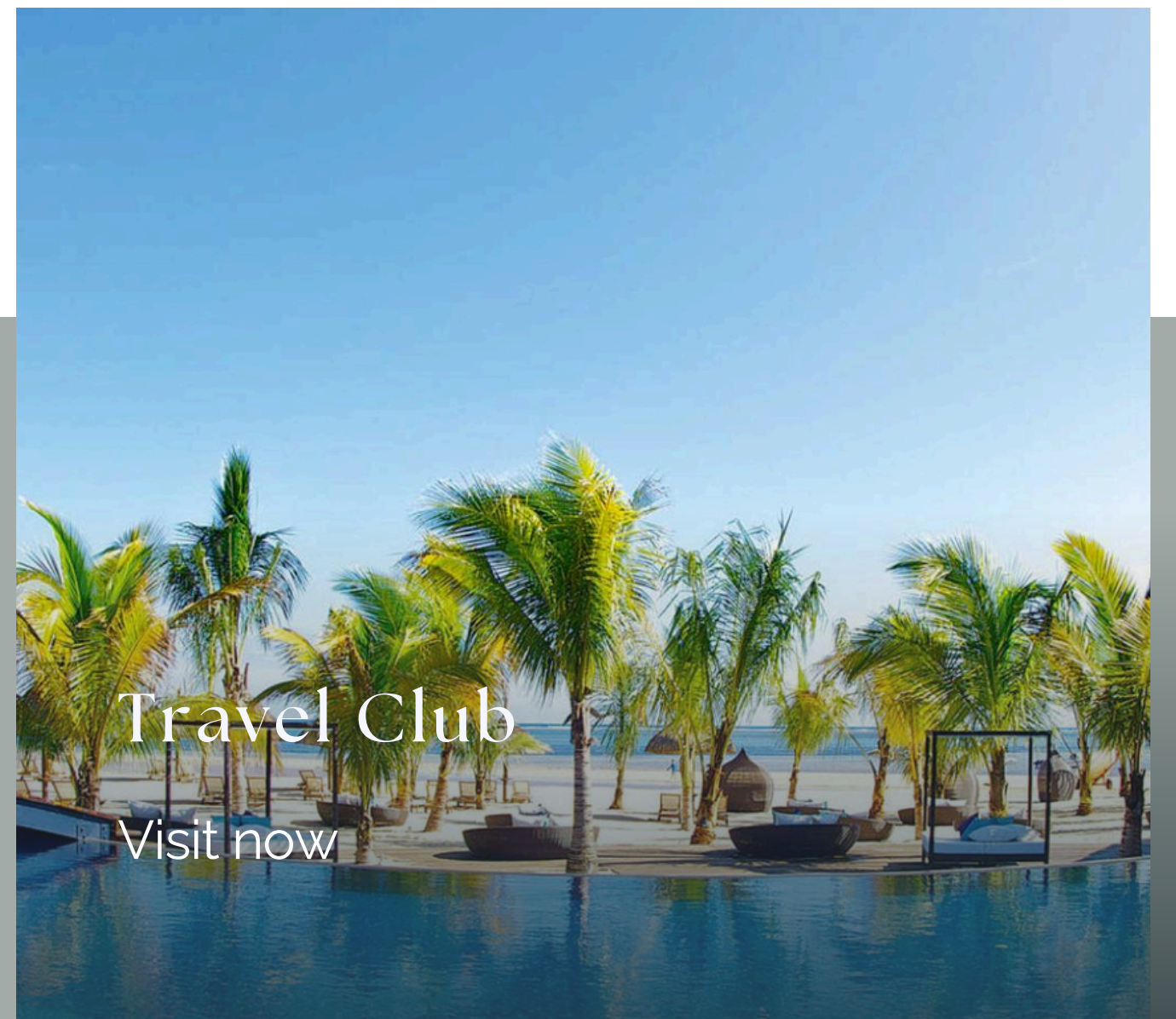
Enquire now



Worldwide Reciprocity

Download member benefits

Members only



Travel Club

Visit now



Free Gym Access (STC)

Sign up



Exclusive access

By golf traveller.com



# CONNECT

GUEST RELATIONS & BOOKINGS  
RECEPTION@ROYALJHB.CO.ZA  
BOOKINGS@ROYALJHB.CO.ZA

GOLF  
TIAAN VAN WYK - GOLFMAN1@ROYALJHB.CO.ZA  
SHAUN CARTER - GOLFMAN2@ROYALJHB.CO.ZA  
GREG JACOBS PROSHOP@ROYALJHB.CO.ZA  
ELEANORA GALLETTI - GOLFEVENTS@ROYALJHB.CO.ZA

MARKETING & MEMBERSHIP MANAGER  
CANDICE HUMPHREY MARKETING@ROYALJHB.CO.ZA

CLUB OPERATIONS  
ERIK BRAKHOVEN FB@ROYALJHB.CO.ZA

FUNCTIONS & EVENTS  
MARCELLE ROLT FUNCTIONS@ROYALJHB.CO.ZA

INFRASTRUCTURE  
HENNIE BREDENHANN MAINTENANCE@ROYALJHB.CO.ZA

FINANCIAL MANAGER  
SIOBHAN BERSIKS FM@ROYALJHB.CO.ZA

FINANCE ASSISTANT  
MARIETTE BLYTH FINASST@ROYALJHB.CO.ZA

COURSE MANAGER  
JERRY STEYN COURSEMANAGER@ROYALJHB.CO.ZA

ROYAL JOHANNESBURG  
NO. 1 ON FAIRWAY AVENUE  
LINKSFIELD NORTH JOHANNESBURG

PHONE: 011 640 3021  
WHATSAPP: 076 392 2495

BOARD:  
C. WADHWANI (CHAIRMAN), D. HARDING (VICE CHAIRMAN),  
A MSENTI (CLUB CAPTAIN), I SANDERS (LADY CAPTAIN),  
B JAGGARD, G. ODGERS (TREASURER), D. MOOROSI, W HUDDY,  
S DESAI (Co OPT NOV'23).

[www.royaljhb.co.za](http://www.royaljhb.co.za)  
[royal@royaljhb.co.za](mailto:royal@royaljhb.co.za)

Published monthly by  
Royal Johannesburg  
All Rights Reserved 2024

As our newsletter continues to evolve, we are looking to make it even more useful and interesting for our members. We encourage you to share your thoughts with us.



Advertise in the monthly  
newsletter  
Email: [marketing@royaljhb.co.za](mailto:marketing@royaljhb.co.za)