



# Good Times

Year End 2024 | Issue 11

THE MONTHLY NEWS OF ROYAL JOHANNESBURG







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# Forenote

By Candice Humphrey



The festive spirit surrounds us as we approach the end of 2024. What a remarkable year it has been, marked by numerous changes, challenges, completed projects, and upgrades. The Royal members can take pride in having a devoted and dedicated team of managers and staff who are consistently striving for excellence.

It's essential to occasionally reflect on our journey to appreciate how far we have come. As we look back at 2024, it's fitting to highlight some of the projects and upgrades accomplished, as well as the challenges we faced. The first phase of the driving range enhancement has been successfully completed, bringing a remarkable new dimension to our facility. Load shedding presented some intriguing challenges earlier in the year, which prompted us to further implement solar and generator upgrades. We unveiled our new website designed to improve the experience for both members and guests. Throughout the year, many additional projects have been completed, all aimed at improving the experience for both members and guests ensuring the longevity of our facility.

This year, we experienced several changes in senior management, bidding farewell to Charlotte De Jong (Financial Manager), Liam Brown (Golf Director), and the formidable Christopher Bentley (CEO). However, with every goodbye comes a warm welcome and opportunities for growth. We were pleased to introduce our new CEO, Jason Bird, while Siobhan Bersiks stepped up to take on the role of Financial Manager. Additionally, Robert Larsen has rejoined the team as Golf Director.

More recently we are about to bid farewell to Kwanele Matutu, who has been a valuable member of the Royal team for eight years. We wish him all the best as he takes on an exciting new role at a golf club in New Zealand.

In October, we welcomed a fresh mix of members to the Board and eagerly anticipate the new perspectives they will contribute.



Despite the challenges and changes this year has presented, we have successfully hosted several key events and secured valuable opportunities for next year. This ensures that Royal continues to be a highly sought-after venue for premier golf events.

## 2024 ACCOLADES



Luxury Lifestyle Awards - Best Luxury family restaurant in South Africa - Old Oak



Professional Auditing - 5 Star health and Safety



Luxury Lifestyle Awards - Top 100 Restaurants of the World 2024 - Old Oak



Professional Golfers Association SA - Central Gauteng, Club Professional of the year (Greg Jacobs)



Luxury Lifestyle Awards - Best Luxury Golf Club in South Africa



Professional Golfers Association SA - Regional and National High performance Coach of the year (Gavin Groves)



Restaurant Association SA - 2024 RASA Rosetta - Top Restaurant Award



Club Managers Association SA - Pillars of distinction award (top 9 in SA)

A note of sincere thanks to all the Club staff, who possess a remarkable array of skills, business insight, and a solid understanding of IT systems, social media, agronomics, weather, food hygiene, data protection, and equality legislation. Their strong communication abilities are essential for engaging with thousands of members and patrons, each with unique perspectives and expectations, requiring a significant amount of tact and diplomacy. We take immense pride in our teams, as we embody all these qualities and so much more. We have the finest staff, serving the finest members at the finest address in golf!

As we welcome 2025, we will continue to address both macro and micro challenges. However, the projects and initiatives aimed at enhancing the member value proposition are truly exciting. We are well-equipped to manage short-term uncertainties while fostering medium-term growth, and we eagerly anticipate a thrilling year ahead in 2025.











# From the Clocktower

By Jason Bird

As the holiday season draws near, I'd like to take a moment to reflect on the remarkable year our Club has had. Your passion, enthusiasm, and unwavering support have made 2024 an unforgettable one for Royal Johannesburg. Whether on the greens, at club events, or simply sharing a moment with fellow members, you have made our community thrive, and for that, the team and I are truly grateful. After just four short months at Royal, I cannot help but acknowledge how fortunate I am to be a part of this wonderful team and facility. I have worked at many golf establishments across the country, and I have found it rare to experience a Club with quite as much tradition and history as ours, with respect for the game and the principles, but nonetheless with a mindset to look forward and continue to improve and innovate. I thoroughly look forward to another year of learning and growing at Royal alongside our community.

The upcoming festive season offers us a chance to appreciate our accomplishments, but more so, the friendships we've formed, the memories we've created, and the joy of being a part of something special. Together, we have shared many milestones, be it a new hole-in-one, a thrilling tournament, or the simple pleasure of spending time with friends - every moment has contributed to the spirit that makes our Club unique.



As the year comes to a close and we consider all we have achieved in 2024, I feel it is important to mention the dedication and hard work of our staff at Royal Johannesburg who work tirelessly to ensure the members' experience is a great one. Without our excellent team, none of our accomplishments or day-to-day running of the Club would be possible, and I ask our members during the festive season to express your gratitude to our magnificent staff in the spirit of the holidays, as we extend our gratitude to you for your consistent support and care for our Club.

On behalf of the entire Royal team, I would like to extend my warmest wishes to you and your loved ones. May your holiday season be filled with joy, peace, and, of course, some time to hit the fairways. We look forward to another year of success, camaraderie, and shared passion for the game we all love.

As a Club, we are all blessed with great members, dedicated staff, friendship, and the finest address in golf and hospitality. Thank you for being such an integral part of our Club. Here's to a bright and prosperous New Year ahead.

Warmest regards,

Jason Bird







*Trevor Barnett*





## Media Day at Royal Johannesburg





# Happy Golfing

By, Robert Larsen | Golf Director



## WRAPPING UP 2024: A YEAR TO REMEMBER

As the year draws to a close, we reflect on an incredible year at Royal Johannesburg. While the courses have weathered challenges, including a notable lack of rain recently, our dedicated team and your ongoing support have ensured the playing surfaces remain in the best condition possible.

The dry spell has been tough on the greens and fairways, but we're optimistic as summer storms are expected to bring much-needed relief. Thank you to all members for your understanding and commitment to preserving the quality of the course.

Congratulations to our 2024 Senior Club Champion, Vaughan Sammons, who finished one shot clear of Kitt Williamson and Spencer Joyce, to clinch the title. Well played to our B Division winner, Neil Urmson and thank you to all the senior players who participated in this event.



## **Upcoming Events for 2025**

2025 is shaping up to be an exciting year for Royal Johannesburg. Here's what to look forward to:

### **Hyundai Open – Sunshine Tour**

February 2025 brings back the Sunshine Tour to Royal Johannesburg, we look forward to hosting the country's top professionals on the East Course.

### **ABSA Ladies Open**

March 2025 will see us host this premier event, showcasing top talent and our stunning courses on an international stage.

### **Club Championships and Waterfall Tournament of Champions**

Mark your calendars for May 2025! This year's event promises thrilling competition and exceptional course conditions

### **Course Maintenance Reminder**

As we look ahead, we encourage all members to continue their efforts to repair pitch marks, fill divots, and keep the course in pristine condition. Together, we can maintain Royal Johannesburg as one of South Africa's premier golfing destinations.

### **League 2025**

The 2025 League Fixtures have been released - please see the attached document with all the league fixtures for the upcoming year. Let's bring home some more silverware.

On behalf of the golf department, we extend our heartfelt gratitude to every member for making 2024 a memorable year. From league victories to incredible social events, it's your passion and participation that make this Club extraordinary.

We wish you and your families a joyous festive season and a prosperous New Year. Here's to even greater heights in 2025!



LIMITED  
EDITION

# Staff Spotlight

LIMITED  
EDITION

MARKETING & MEMBERSHIP

# CANDICE HUMPHREY

Designation  
**Marketing &  
Membership**

Age:  
**40 years old**

Zodiac Sign:  
**Scorpio**

Handicap Index  
**15.8**



WHAT INITIALLY DREW YOU TO WORK AT THIS GOLF CLUB?

*The Club's history, traditions, and values alongside my family's connection and legacy with the Club.*

WHAT IS YOUR FAVOURITE MEMORY OR EXPERIENCE FROM WORKING HERE SO FAR?

After 14 years of working here, there are countless wonderful memories that make it difficult to choose just one. Ultimately, it's been the experience of collaborating with an incredible team and reflecting on both the big and small events—thinking to ourselves, "We accomplished that!"

WHAT DO YOU ENJOY MOST ABOUT WORKING IN THE GOLF INDUSTRY?

*Being part of the golf industry, especially at Royal, enables me to collaborate my professional passion with my love for sports. Alongside an invested interest in this Club that holds deep significance for many, including myself, making it much more than just a golf club.*

WHAT ARE YOUR LIKES AND DISLIKES IN GENERAL?

Likes.... family, good friends, chocolate and good coffee! Have a passion for sports, watching and competing myself (Master of non, Jack of all). Love a good holiday, beach or Kruger - South Africa offers the best of both.

Dislikes, inadequate planning, disrespectful individuals, tequila, tea with milk and turkish delight

OUTSIDE OF WORK, WHAT HOBBIES OR INTERESTS DO YOU PURSUE?

*Outside of work, I enjoy gym, longdistnce running, netball, hockey and swimming.  
Also enjoy photography and painting*



# 2 Club vs Caddy Challenge

What started as a casual chat last year between Grant Kaindl and his caddy Clive about playing golf together, turned into a reality this year.

Royal caddies Jeff, Roger and Clive were joined by nine caddies from Bryanston Country Club and Dainfern Country Club as they took on twelve members of the 2 Club school, spearheaded by Grant Kaindl. The costs for the 24 players for halfway, a braai and drinks after the game were split between the twelve 2 Club players and a most enjoyable day was had by all.

The six betterball matchplay matches took place on Sunday 10 November at the Soweto Country Club and all matches played were competitive and hard fought. In the end the chaps from the 2 Club school were victorious and already the caddy team are looking for revenge in next year's challenge!

Thank you to our 2 Club members, Grant Kaindl, Cameron Kaindl, Grant Patmore, Anthony Willows, Emlyn Hutton, Linton Hutton, Gethan Morgan, Paulo Silva, Clint Poppesquou, Nigel Sand, Sean Carolan and Dharmesh Desai for making time to play alongside the caddies, many of whom are very talented golfers.

We look forward to the next match in 2025!











# HAPPY

# New Year

## SCHEDULE

### January

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

6TH TO 10TH JANUARY  
WEST COURSE HOLLOW TINING

1

ALL FACILITIES CLOSED

2

CLUB ADMIN RE-OPENS

6

WEST COURSE HOLLOWTINING

6

BACK TO NORMAL TRADE

15

SCHOOLS OPEN



ROYAL JOHANNESBURG

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ONE FAIRWAY AVENUE, LINKSFIELD, JOHANNESBURG, SOUTH AFRICA



# EMPLOYEE OF THE MONTH

---

*November 2024*

*Kabelo Makola*

**Maintenance  
Department**





# 2025 CALENDARS

CLICK HERE TO VIEW THE  
MEMBER CALENDAR

CLICK HERE TO VIEW THE  
LEAGUE CALENDAR

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



A wedding couple in a golf course setting. The bride is wearing a white wedding dress and holding a bouquet of white flowers. The groom is wearing a dark suit and a blue tie. They are standing on a green lawn with large trees in the background.

# Your perfect venue

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

A golfer swinging a club. The golfer is wearing a light blue shirt, dark pants, and a cap. He is in the middle of a golf swing, with a golf club in his hands. The background is a blurred golf course with trees and a building.

# Grow Membership

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



# Ladies Golf

By, Wendy Huddy | Ladies Golf Manager



And just like that, it is December .....

November and the early part of December have been busy for the ladies at Royal, playing in outside Christmas competitions and tournaments as well as local competitions. All Club and ladies knockouts are now complete and I need to make special mention of Kath Smith, who together with her partner Jono Sinden, competed in the finals of all three of the Club knockouts that they entered! That must be some sort of record and congrats are extended to Kath and Jono for winning the greensomes knockout and the mixed knockout and reaching the finals of the betterball knockout, losing their final on the 18th green! It is just wonderful to see Kath back playing like she did before she fell ill – such natural talent!

Congratulations to our BG's team who won the best team of the day for the second consecutive time at the finals of the 2024 Interschools Challenge held on 23 November and for finishing in 4th position overall! What a great effort ladies.





The Tuesday ladies held their Christmas competition on Tuesday 3 December followed by a lovely lunch and the end of year prize giving. Our BG's will be holding their Christmas competition on Saturday 14 December and that is sure to be a great celebration. Trophies for the 2024 knockouts had been awarded at the 133rd AGM with the exception of the BG's betterball knockout. The 2024 BG's knockout was won by Gina Slade and Shannon Frigyik for the third consecutive year and they beat Anne Daffey and Della Stapleton in a closely fought match. Congrats to all four ladies.

- Other awards presented on the day were:
- Most birdies in the silver division: Lauren van der Merwe
- Most birdies in the bronze division: Aileen Wilmot
- Julie McWilliam award: Wendy Huddy
- Winners of the Christmas Alliance: Val McKenzie, Belinda Berry and Ellie Galletti.

Thank you to all our ladies who so generously donated new children's books at our Christmas drive. These books were collected by Lori from Cupcakes of Hope and will be used as both Christmas presents for some of the little cancer warriors who will be spending Christmas in hospital and some books will be put in the activity centers for kiddies in several of the hospitals where these little people are treated. Thank you ladies for your kindness and for making a difference.

And that's the wrap for 2024. Wishing every one of you a peaceful and joyous festive period and may this season be full of light and laughter for you and your loved ones. Looking forward to seeing you all back in 2025 and ready for a great year of golf.









# *Congratulations*

Winner of the  
Christmas Hamper  
Helen Tyne

*Thank you from the Housekeeping staff*



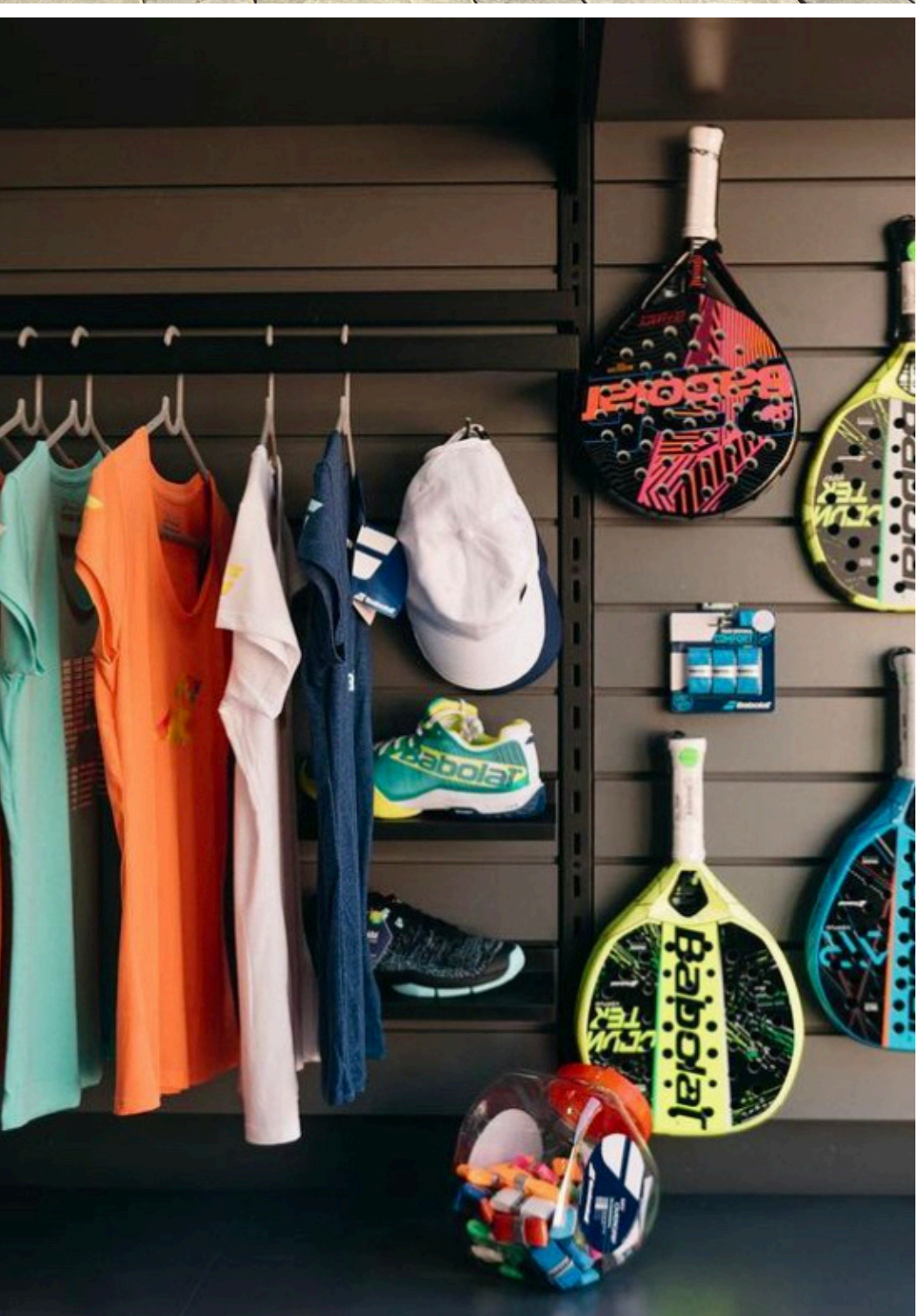




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# More than a fitting



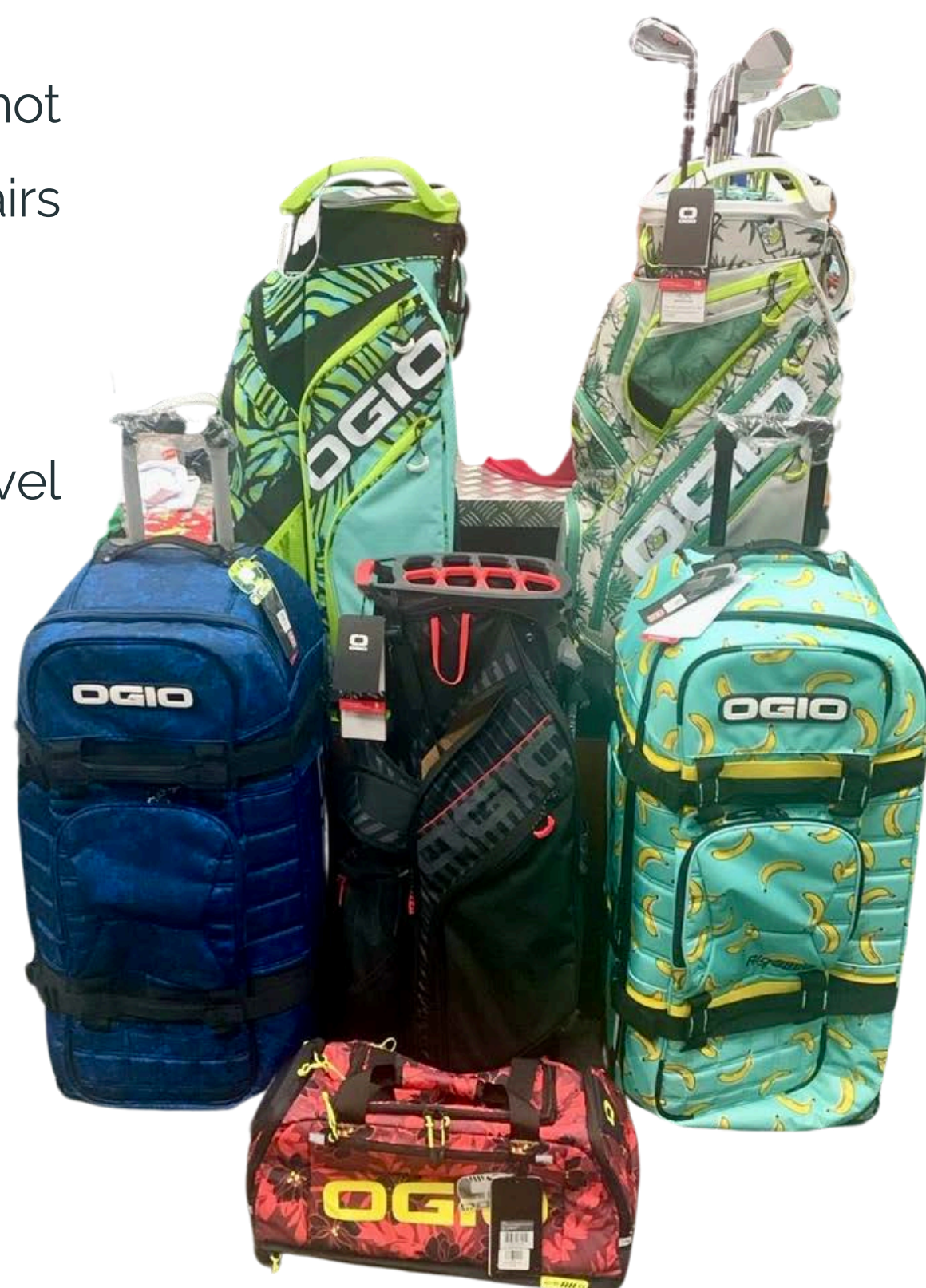
This time of year it is silly season in the golf industry but be rest assured your Golf Shop at Royal Jhb will look after you. My commitment to our members - we will match any price on special at the bigger discount stores where stock is still available!

I am delighted to announce we have managed to secure some Ogio golf bags and luggage. Ogio only make golf bags and accessories, so the quality is out of this world. Pop into the shop and see for yourself. The colours are really funky as well.

Callaway Supersoft golf balls have been difficult to get consistently since Covid. They have finally got it right and to make up for the delays they are on special. Buy a dozen for R420, normally R500.

We have built a small workshop in the shop – it is not entirely complete yet, but we can do all repairs including grips, replace shafts and bending!

For those of our members who are going away, travel safely and have a blessed Christmas.











# From East to West

By, Jerry Steyn | Course Manager

we look forward to seeing you back  
in 2025 for another memorable year.

And just like that we are at the end of 2024 - the year has certainly been another memorable one for us. We have had our driest recorded spring season in the past 14 years of record keeping with our total rainfall of only 88.3mm this year opposed to 2015 when we had 99.7mm. Our courses are taking a beating and we are doing our best to manage our current reserves as best we can. We all need to pray for rain, not only for our courses but for our country as a whole.

The team has been hard at work this past month completing the levelling of certain tee's across both courses, namely, 5 East back tee, 2 West back tee, 16 East back tees and we are currently busy levelling the middle tee on 13 East. Following these tees, we will proceed to 6 West and 12 West and this will conclude our summer tee levelling until winter.

The greens on West have received a granular fertilizer recently which will slow down the greens for a few weeks and green speed will be back by mid-December. The East greens received a vertidrain on Monday 9 December and dusting of the green will take place on Monday 16 December. This will conclude any further maintenance on all the greens for the remainder of the year. Hollow tining of the West greens is scheduled for the week of 6 to 10 January 2025.



With the year coming to an end, the whole maintenance team would like to thank each and every member and visitor to the Club for their continued support throughout the year. We hope you have a blessed time with your family this festive season - safe travels and we look forward to seeing you back in 2025 for another memorable year.







*Trevor Barnett*



# Tip of the Month

By, Martin Briedé | Head Teaching Pro



We held our official opening of the new range on Thursday the 21st of November. The new grass tee and the chipping / putting green is now open. The target greens are proving to be very popular, good for working on the wedges. We also have two new bunkers to practice your fairway and green side bunkers. We have proudly renewed our association with Titleist and FootJoy and we will have new Titleist and Pinnacle range balls from December. Gavan Levinson has some tips on wedge play.

Gavan says that the only way to improve your scores and play better is to practice, especially the wedges and short game. Practice matching your backswing and follow through to the distance you want to hit. Wedges are all about feel, feeling the length of backswing required to make the ball go the correct distance, and this can only be done through practice. The practice greens on the range are set at 50, 75, 100 and 125 metres from the tee. The greens are designed to give you good feedback when the balls land.

Come down to the range for some practice, there is a selection of cold drinks and snacks to keep you going. If you need a lesson, Gavan, Rickie and I are all available.



See you at the range soon!

Martin Briede 084 503 5477

Gavan Levenson 082 990 7186

Ricki Dembo 071 381 8715





Monthly golf tip - Year end 2024 #simplegolftips Gavan Levenson



Share



Watch on  YouTube



# This is BSI

By, Rodger King | Head of Marketing



**All Africa Golf Team Championship - Zimbabwe Amateur Open; Bulawayo GC, Zimbabwe (27 October - 2 November)**

T12 - Gilbert Chalwe

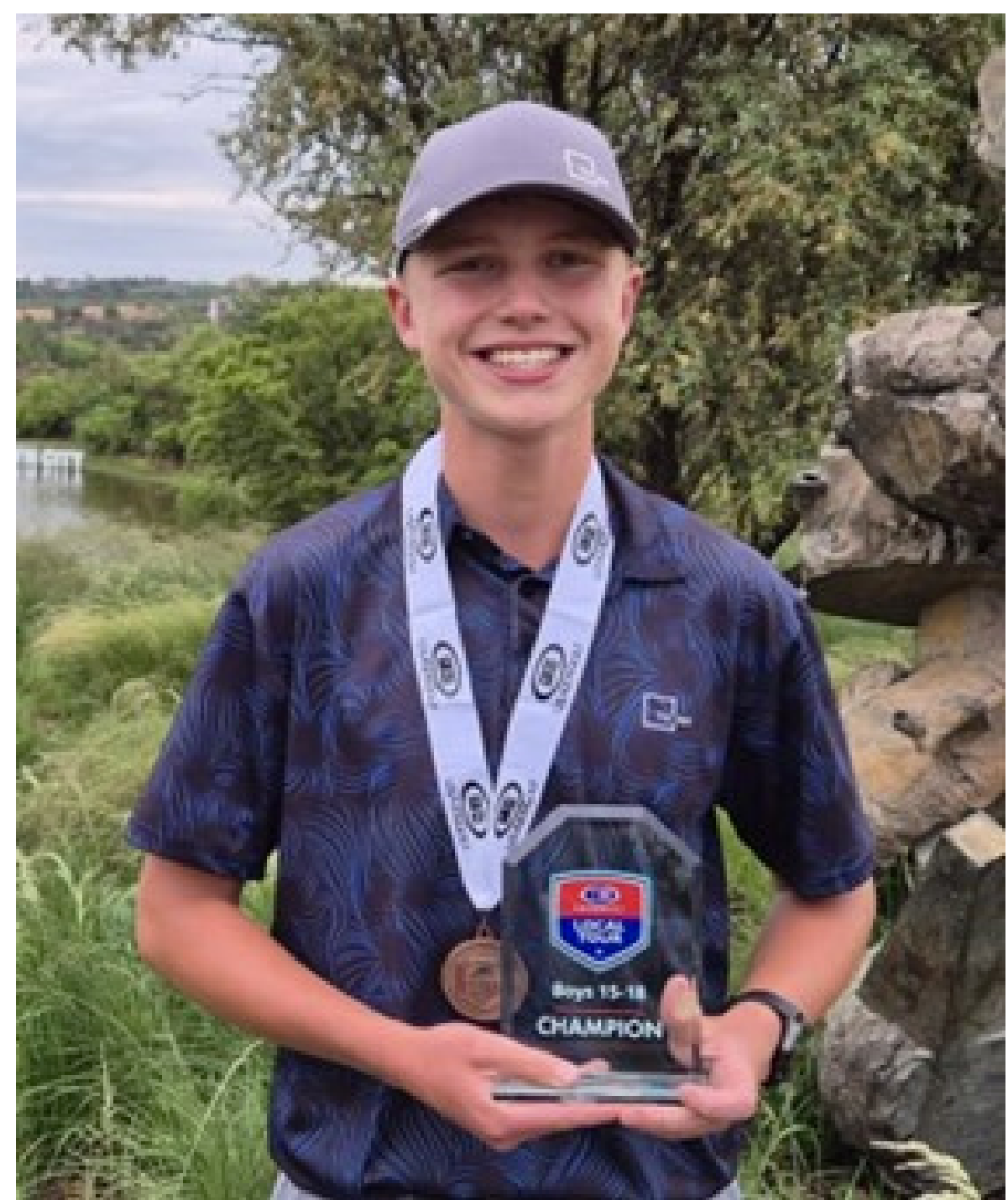
T30 - Thomo Mokgatle

36th - Mongiwetfu Masuku

Above are all members at Royal Johannesburg

## **US Kids Golf**

Congratulations to Connor Olfen who took 1st place in U.S. Kids Golf Spring 2024 Season Championship for Boys 15 – 18 years old. Kayle Turner, his fellow Royal Johannesburg playing partner and class-mate at BSI, came 2nd overall. Well done boys, we are proud of your achievements.



## **Golf RSA – Bobby Locke Invitational; Parkview GC (12 - 14 November)**

Huge shout out to Sean Paxton, who played in the Bobby Locke Invitational at Parkview GC from 12 - 14 November and finished the 54 holes tied 1st on -4, 212, but unfortunately lost in the 1st Play-off hole.





### **SHOOTING an awesome 8-under 64 on Royal East**

Well done to our Royal Johannesburg Club Champion 2024, Jacques van der Merwe, who played in the BSI Premier Division 18-hole tournament on Friday 15 November, and won the event with an 8-under par 64 on Royal Johannesburg East Course. Jacques actually had a putt on his last hole for 62 and to break the BSI tournament record. He wasn't going to leave it short and unfortunately didn't convert the one coming back. Amazing golf nonetheless.



### **BSI PGA Diploma Students Heading To USA**

Congratulations to Royal Johannesburg members Alex Lane, Hilton Bailey and Jordan Mathias on being selected to take up golf operations internships at the prestigious Frenchman's Creek Beach & Country Club in Palm Beach Gardens, Florida, USA.

The three boys were offered the positions four months before their graduation of their PGA Diploma at Balderstone Sports Institute, and they happily accepted this amazing opportunity to work abroad.

Frenchman's Creek is one of the most exclusive residential communities in USA, with service levels as high as they come.

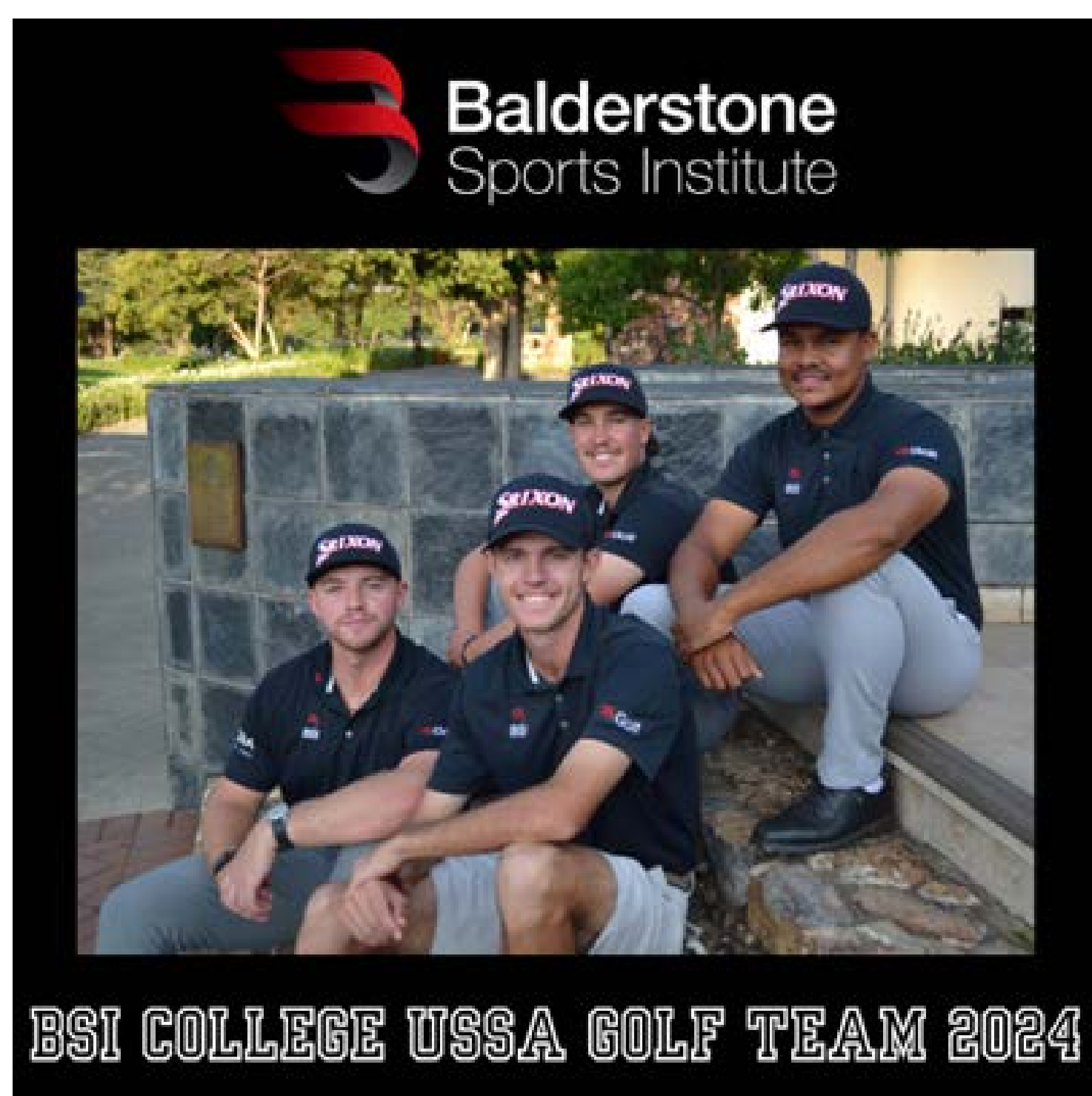
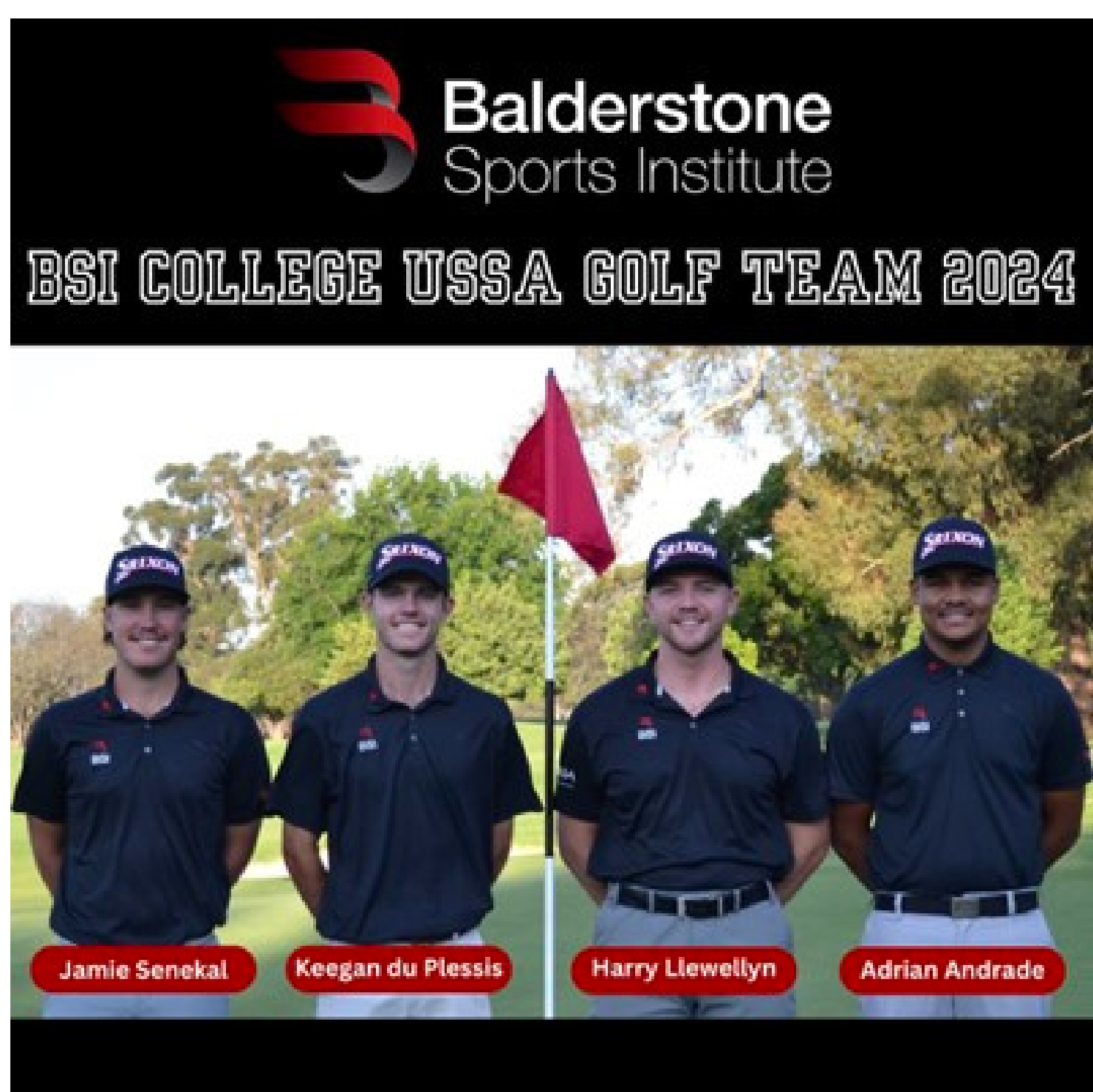




## BSI College USSA Team 2024 – USSA Strokeplay Champions

Congratulations to Royal Johannesburg members, Harry Llewellyn, Adrian Andrade, Keegan du Plessis and Jamie Senekal who were chosen to represent the BSI College USSA Team for 2024, and have won the 2024 USSA Golf Team Strokeplay Championship played at the Bloemfontein GC on 2 & 3 December.

Keegan du Plessis was crowned USSA Individual Stroke Play Champion 2024, shooting a 2-under 142, with Harry Llewellyn in 2nd place, Adrian Andrade rounding off the top 5 places and Jamie Senekal in 12th.



## CALLING ALL TALENTED GRADE 7 GOLFERS

To celebrate BSI's 20th year of training champions and changing lives we're investing in our talented youth by offering 20% off our normal full-time Junior Golf Academy fees for all new Grade 8 students for 2025.

The Junior Academy combines high performance training with schooling through the Cambridge system. Alumni have achieved success with Sunshine Tour wins, US College scholarships, in the golf industry and many other pathways.

A limited number of Grade 8 places are available. Contact [info@bsisports.com](mailto:info@bsisports.com) to start the application process.





Player	Score	Score	Score	Score
CONNOR Pat	81	75	156	
CONNOR Peter	75	70	145	73
SULLIVAN	75	73	148	71
ES, D	77	75	152	68
WELL, D	74	75	149	
FERRITT, P	84	82	166	
EWART, V	70	77	147	72
UHY, R	77	81	158	
ALLACE, KP	74	72	146	72
MAN, H	69	72	141	73
HOLME, C	75	73	148	70
D				
E PG				
B				

**Club Competition Results**

[View now](#) | October



**The Old Oak Restuarant**

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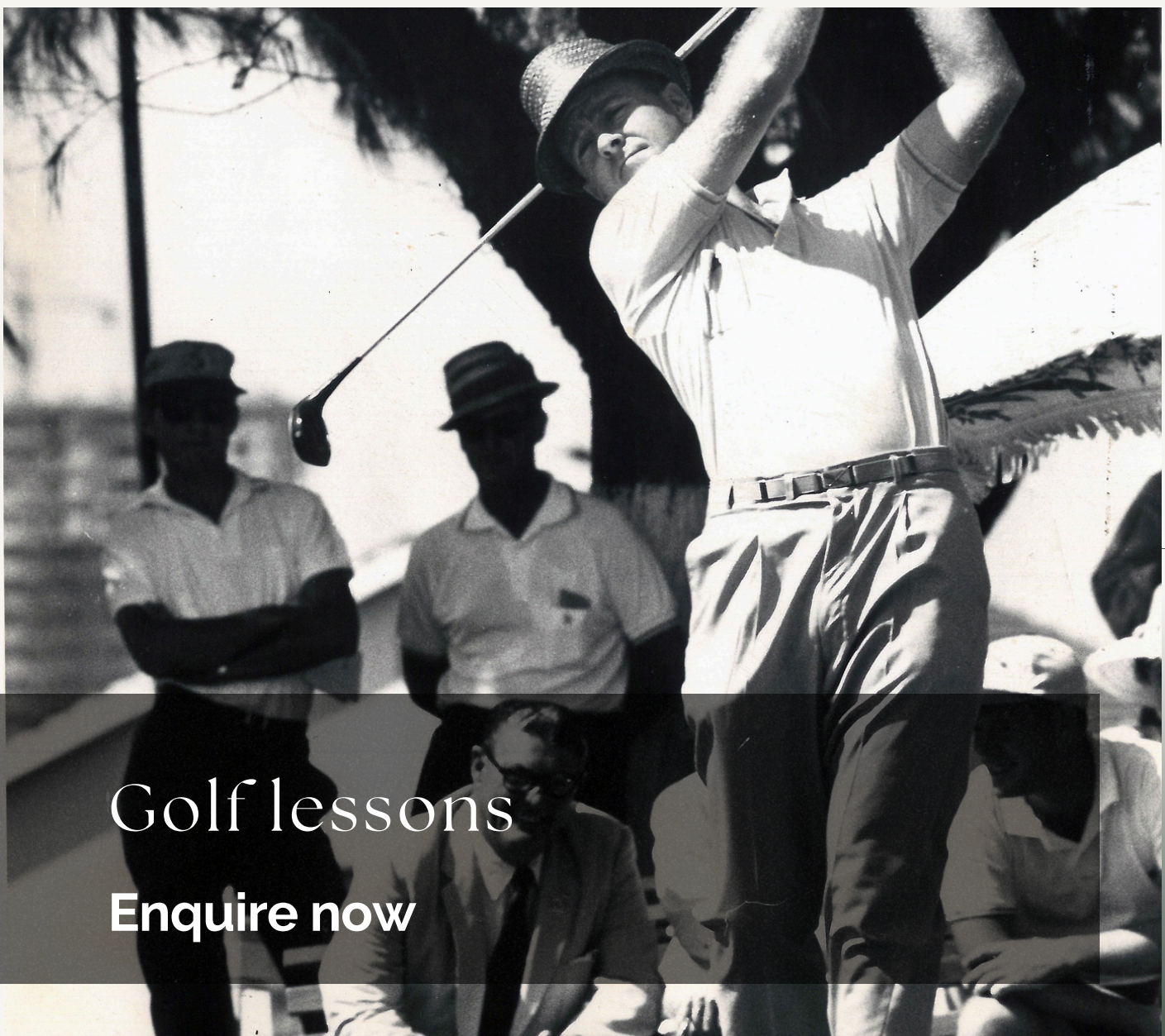
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As we prepare to close out the year and enter the festive season, it's the perfect time to reflect on what an incredible journey 2024 has been for all of us at The Old Oak. From hosting our inaugural Noble Roots Wine Festival to curating exceptional dining experiences that celebrate South Africa's finest flavors, this year has been nothing short of extraordinary.

Our team has worked tirelessly to ensure every dish served and every moment shared at our tables has been special. We've had the privilege of growing together, welcoming new faces, and creating lasting memories with you—our valued guests and extended family.

As we step into December, the season of joy, love, and togetherness, we want to extend our heartfelt thanks to you for your continued support and trust in us. You have made this year remarkable, and we are excited to celebrate the festive season with you.





Before you leave for the holidays, be sure to stock up on your L'Avenir Wine Box—a perfect addition to your festive celebrations. This curated selection includes the Provenance Chenin Blanc, Provenance Pinotage, and the delightful Horizon Rosé. These wines, crafted with care and passion, embody the essence of South Africa's finest terroir and will undoubtedly add a special touch to your holiday moments. 3 pack sold at R595/box.

▣ Homemade Gammons: Slow-cooked to perfection and glazed with our signature honey and citrus blend, ideal for your festive feasts.

▣ BBQ Chickens: Tender, flavorful, and ready to complement your holiday table.

During Christmas, all roads lead home, and the reminiscent scents of The Old Oak should surely lead you into our dining room, where new memories are made and the tantalizing of your senses leave you longing for your next visit.

On behalf of everyone at The Old Oak, we wish you and your loved ones a joyous holiday season filled with laughter, warmth, and good cheer. Here's to a festive season of happiness and a New Year filled with promise.





# 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.





# Hello Honey

By, Clinton Duncan | Royals Bee Guy



The 2024 honey harvest went better than expected. We decided to leave one hive with a remaining two supers to allow the bees to finish the filling and capping process. Those frames will be used at the Old Oak for chef tables for the 2025 season offering a unique experience for guests. The uncapping and spinning process took four days to complete which shows the length of time it takes to extract the honey. Honey jars will be made available at the Club showcasing the wonderful world of our floral demographics. Both the club and the Old Oak restaurant will be stocking the jars this season. The honey is an award winning South African honey and an extremely rare commodity when it comes to the golf course application. Royal Johannesburg is one of the only courses in South Africa that is producing honey of an international standard with bees caught and managed at the facility. It has been a struggle for most beekeepers in the highveld and lowveld regions as they have haven't produced much honey this season. This causes a demand for illicit honey in stores with 95% of honey found in supermarkets being fake. I am honoured to present the Royal honey to our members who I hope will appreciate the time, dedication and hard work that has gone into every jar. A portion of the honey sales will go into purchasing new hives for the 2025/2026 season.







# Your health & wellness fix

## POWER FOR GOLF STARTS IN THE GYM

December, Holidays, and Fitness: Why Bother?

As we approach the final stretch of the year, I often have conversations with clients about how quickly their consistent training routines can fall off track during the festive period. Many cite fatigue, lack of facilities, or simply the desire to “relax and let go.”

While I completely understand the fatigue and reduced motivation that can come with this time of year, I also want to offer alternative solutions to ensure we don't undo months of hard work. Here are a few options to consider incorporating into your holiday plans:

### 1. Daily Walks

Many of us travel to beautiful destinations over the holidays, offering a perfect opportunity to get outdoors and explore. Whether it's walking in the mountains, along the beach, or through nature, take the time to go for a daily walk. It can be with friends, family, or even solo, but the benefits are clear. Studies show that daily walking is great for digestion, heart health, overall well-being, and it helps burn some calories to make room for the delicious holiday meals.



## 2. Recreational Activities

Surfing, hiking, mountain biking, or beach volleyball are just a few ways to stay active while on holiday. These activities are not only fun but also great for maintaining fitness. If you're a golfer, consider fitting in a few rounds that you may have missed due to a busy year. Walking the course adds an extra layer of activity.

## 3. Active Mobility

There are plenty of online apps and routines designed to improve mobility, or you can ask your friendly golf fitness specialist (hint, hint!) for a tailored mobility routine. Spending 15-20 minutes a day on stretching can go a long way in improving your rotation for golf and addressing any lingering injuries. Plus, it's something you can easily do on a patio, in the lounge, or even on the beach.

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#### 4. Holiday Program

If your December holidays take you to a place without a formal gym, this is a perfect chance to try some bodyweight exercises, like push-ups, sit-ups, squats, and lunges. These exercises have various levels of difficulty and can help maintain strength without needing a gym. If you need ideas, your golf fitness specialist (again, hint, hint!) can provide a routine for you to follow.

#### 5. More of the Same

For those who love to train and have solid routines, the December period offers quiet gyms and less work pressure, allowing you to get in your workouts without the usual distractions. It's a great time to take advantage of fewer people in the gym and focus on your usual training regimen, uninterrupted.

#### The Goal for December

This holiday season, my aim is to encourage you to be intentional with your fitness. A little bit of movement each day can help you maintain momentum and start 2025 on a positive note—stronger, healthier, and ready to meet your goals.

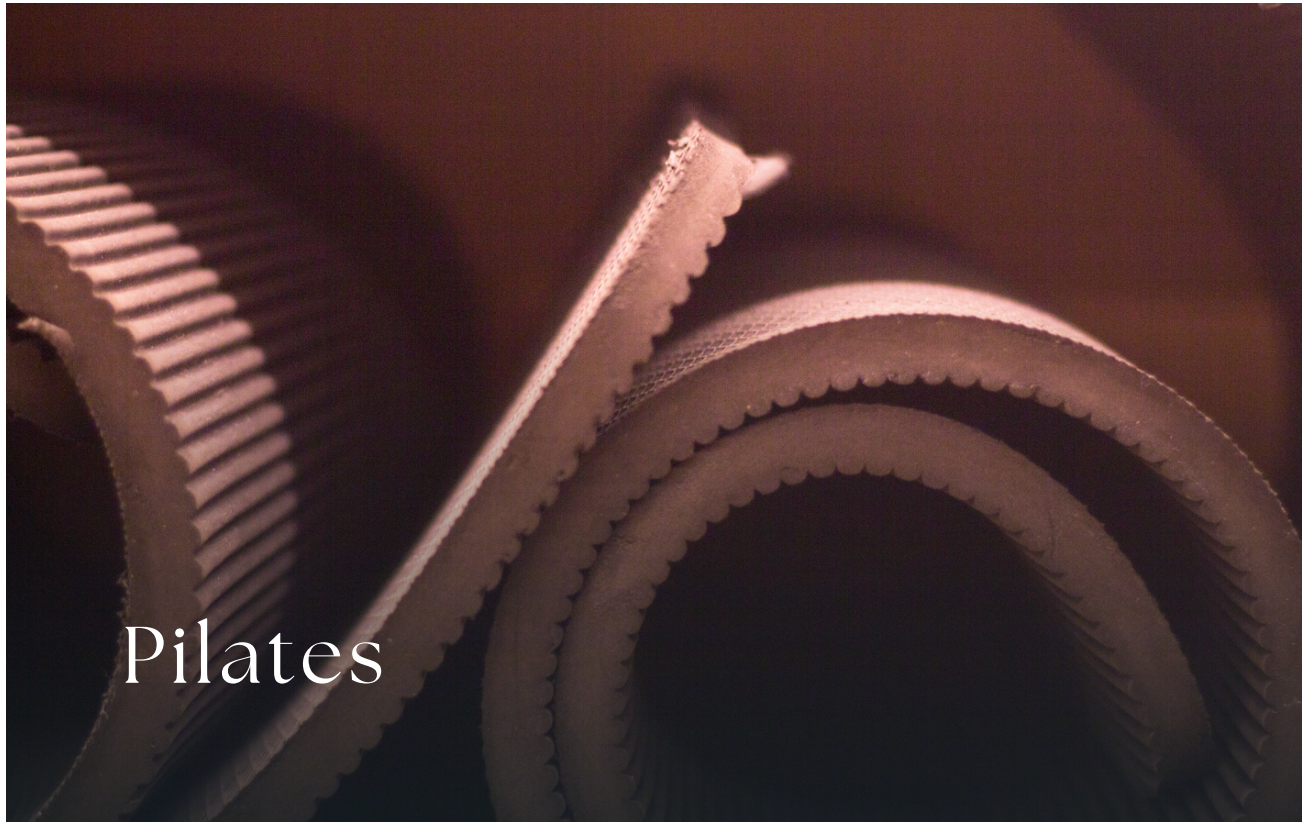
2024 has been a wonderful year for me personally, and I've loved being a part of the Royal Johannesburg family. I wish you a joyous festive season, and I'll be here, ready and eager to help you reach your fitness goals in 2025.





# 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

Junior AimPointer from Mauritius

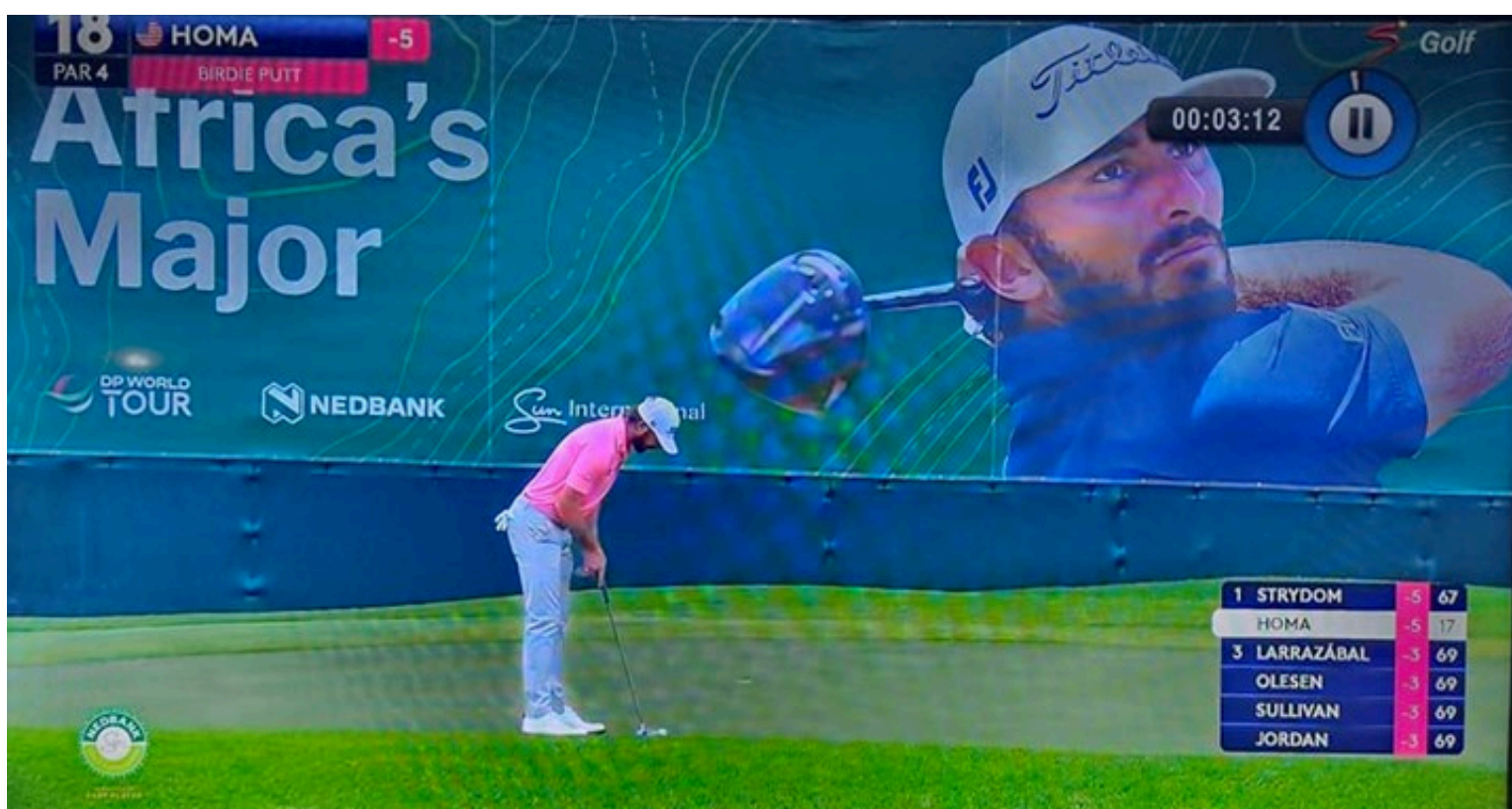
Tanishq Nobeen is a competitive junior golfer from beautiful Mauritius. This is his 2nd visit to Royal JHB. I first taught him Aimpoint Express in August 2023, and now in December of 2024 it was a Refresher lesson and Personal Calibration, as well as Speed and Distance Control. A bright future ahead of this young golfer.



Max Homa is back!

AimPointer Max Homa returned to Sun City to defend his Nedbank Golf Challenge Title.

Trusting AimPoint Green Reading once again on the greens of the Gary Player Golf Course.



Wishing everyone a blessed festive Season and great golfing at Royal JHB in 2025.

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C: 0832911183

Twitter: @svdberghgolf

Facebook: Aimpointgolf South Africa

Instagram: aimpointgolfsouthafrica





# Bespoke Fitness Biokinetic

By, Dale Ebell | Biokineticist (HPCSA/BASA)



## BUILDING GRIT ON AND OFF THE COURSE WITH A GOLF FITNESS PROFESSIONAL

Golf isn't just a game of skill—it's a test of patience, perseverance, and adaptability. Developing grit, that winning combination of passion and persistence, is just as essential as perfecting your swing. A qualified golf fitness professional can help you build both the physical and mental toughness needed to excel on the course and beyond.

Here's how working with a golf fitness expert fosters grit and a winning mindset:

### 1. Turning Challenges into Opportunities

A skilled trainer assesses your strengths and weaknesses, then designs a personalized plan to target areas for improvement—be it building rotational power, enhancing flexibility, or addressing balance issues. Confronting and overcoming these challenges in the gym mirrors the perseverance needed to handle setbacks on the course.

### 2. Setting and Achieving Incremental Goals

Progress in golf fitness is rarely instantaneous—it's built through consistent effort. A trainer helps you set realistic, incremental goals, like increasing swing speed or improving stability. Each small win strengthens your ability to stay committed over the long haul, reinforcing the grit needed to chase ambitious objectives.



### 3. Embracing the Process of Growth

Training isn't just about results; it's about the journey. Working with a golf fitness professional teaches you to focus on daily effort and improvement. Pushing through tough workouts, learning new techniques, and seeing progress over time cultivate resilience and a growth mindset.

### 4. Learning to Adapt and Recover

Golf is unpredictable—just like life. A trainer helps you build a body that can handle the rigors of the game, reducing the risk of injury and helping you recover smarter when setbacks arise. Adapting to challenges in training builds the mental toughness to stay composed and focused, whether it's recovering from a bad shot or navigating a high-pressure match.

### 5. Fostering Accountability and Consistency

The structure and support provided by a golf fitness professional keep you on track, even when motivation wanes. Showing up consistently, even on tough days, strengthens your discipline and reinforces the perseverance that defines grit.

Grit isn't something you're born with—it's a skill you can cultivate. By partnering with a qualified golf fitness professional, you'll not only improve your game but also develop the mental fortitude to stay resilient in the face of challenges, on and off the course.

Train with purpose. Play with passion. Build grit for life.

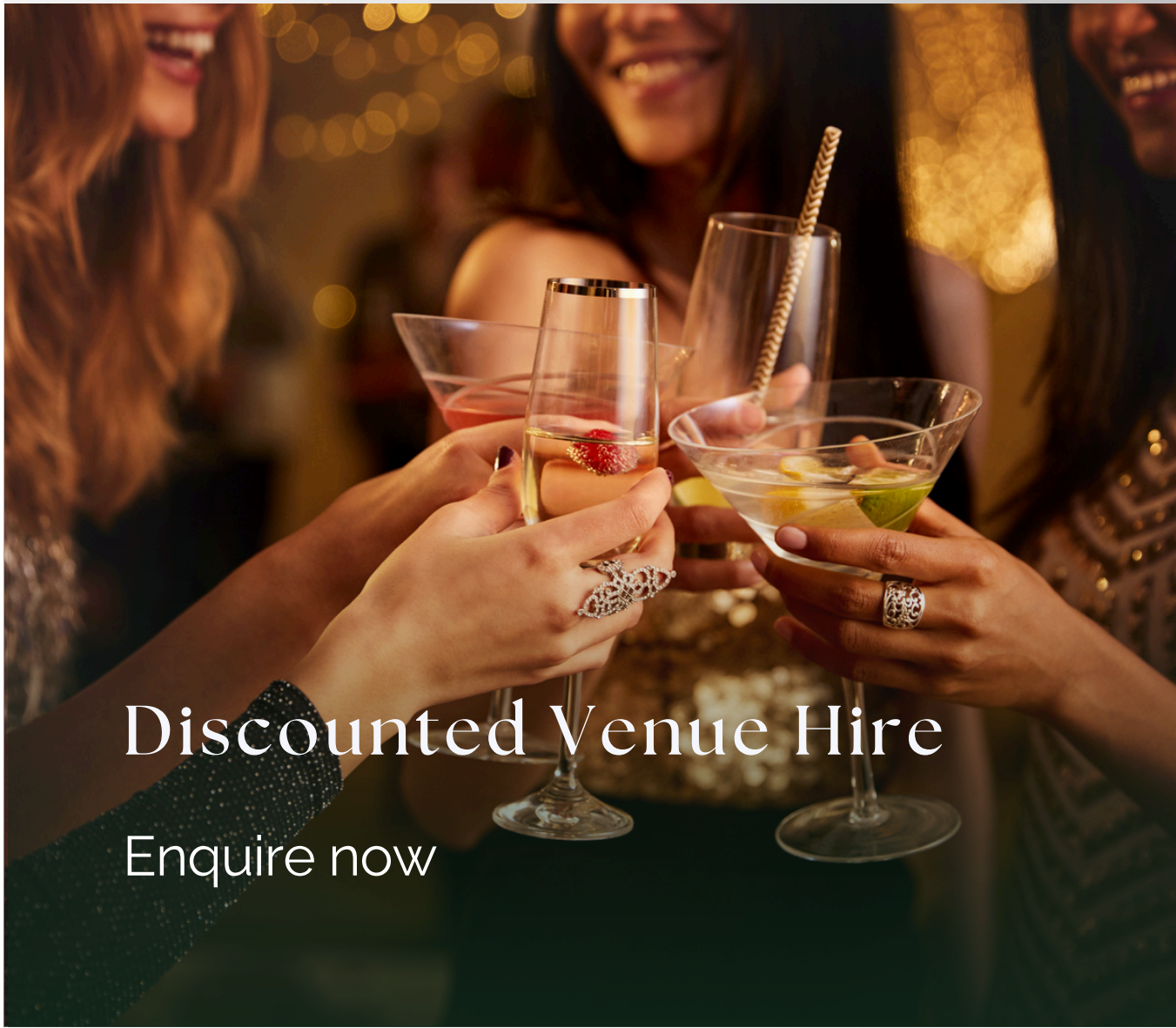






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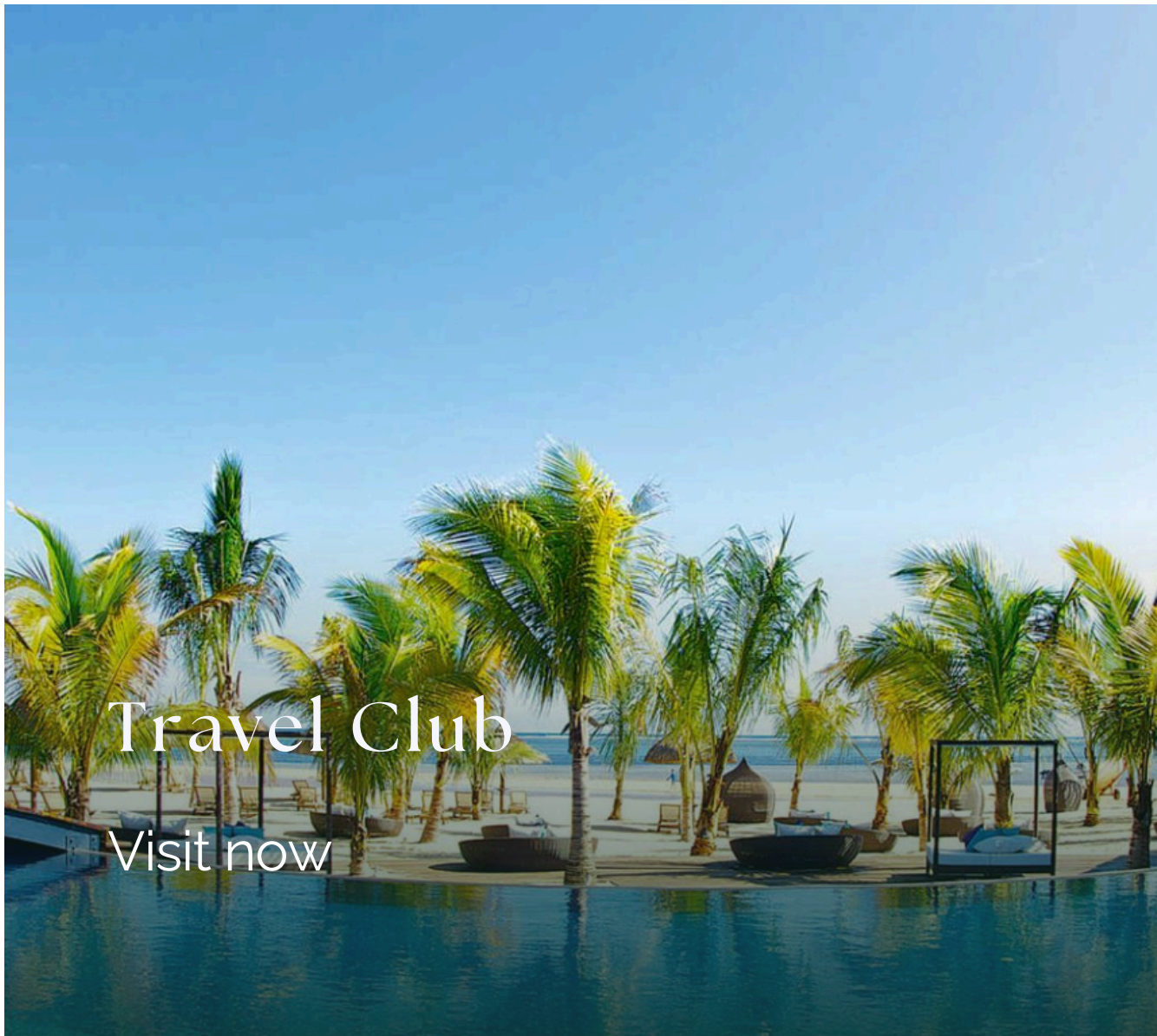
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# OPERATING

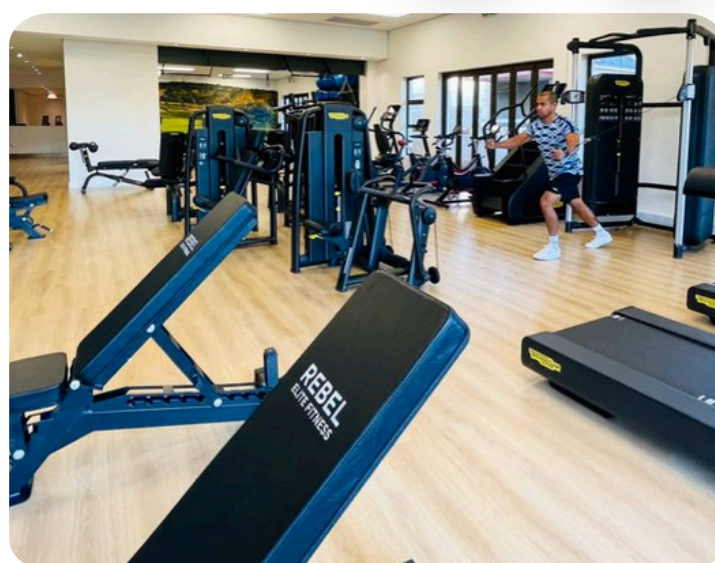
RESERVATIONS ESSENTIAL  
011 640 3021

# Hours



CLUBHOUSE

05h30- 21h00  
24th Closed from 15h00  
25th Closed  
31st Closed from 15h00  
1st January Closed



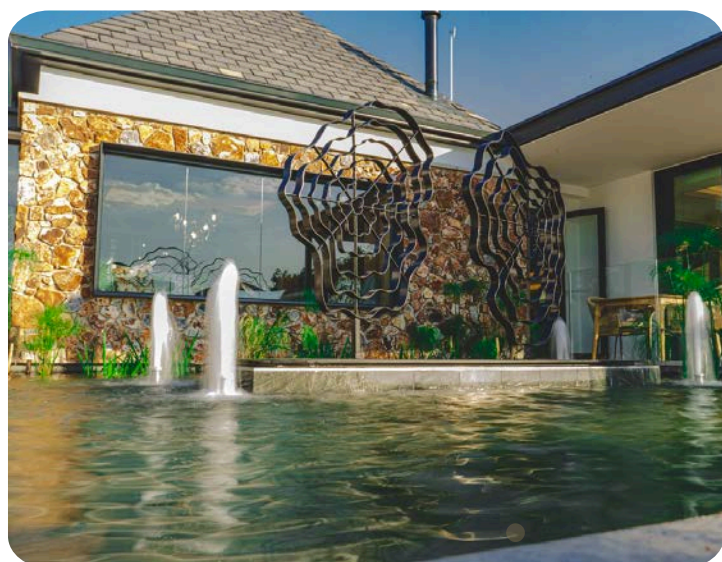
FITNESS CENTRE

Monday  
06h00 to 19h00  
Tuesday to Sunday  
05h30- 19h00  
24th Closed from 15h00  
25th Closed  
31st Closed from 15h00  
1st January Closed



AFRICA PADEL

06h00- 22h00  
24th 06h00 - 18h00  
25th - Closed  
26th - Closed  
31st 06h00 - 18h00  
1st January Closed



THE OLD OAK  
RESTAURANT

Wednesday to Friday  
09h00- 21h00  
Saturday  
08h00 - 21h00  
Sunday  
08h00 - 17h00  
24th Closed from 15h00  
25th Closed  
31st Closed from 15h00  
1st January Closed



EAST & WEST  
GOLF COURSES

Tee Times 07h00 - 13h00  
24th Last tee time 08h40  
25th Closed  
31st Last tee time 08h40  
1st January Closed



DRIVING RANGE

06h30 - 17h00  
24th Last bucket 12h00  
25th Closed  
31st Last bucket 12h00  
1st January Closed





# CONNECT

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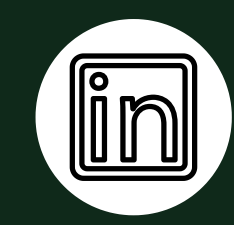
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C SCHRAIBMAN (CLUB CAPTAIN), I SANDERS (LADY CAPTAIN),  
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