

ISSUE 1, JANUARY 2025

GOOD TIMES

THE MONTHLY NEWS OF ROYAL JOHANNESBURG



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A NEW CLASS
OF DRIVERS

Titleist

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BIOKNETICS**



#THEROYALEXPERIENCE

FORENOTE

by Candice Humphrey



We warmly welcome everyone to 2025 at Royal! We hope you all enjoyed a wonderful festive season with your loved ones.

January has quickly passed, and now 2025 is in full swing. Exciting projects and developments at the Club will be revealed this February. We are eagerly anticipating the arrival of our new upgraded cart fleet, which will include some price adjustments. Additionally, we are expanding our solar project and will be relocating the trees in the parking area to accommodate more solar panels, ensuring our energy needs are met with renewable sources.

Following a rather dry October and November, we were fortunate to receive some much-needed rainfall in December & early January, which replenished our dams and resulted in waterlogged courses for a few days. While we all prefer rain in moderation rather than in a heavy downpours day after day, we are pleased to see the courses flourishing and recovering well from the treatments and maintenance, ensuring excellent conditions for our members and the upcoming tournaments. We encourage all members to support the Club and the relevant tournaments as we showcase our facility during this time.

The Royal Team has an array of thrilling events planned for 2025! Please make sure to keep an eye on your emails and the WhatsApp community for important announcements and reminders. We have so much to look forward to in 2025, so let's strive to make it the best year ever!



Trevor Barnett

FROM THE CLOCKTOWER

By Jason Bird | CEO



Dear Members

Welcome back and Happy New Year. I trust you have all had a wonderful holiday period with family and friends and are ready for what 2025 may bring.

As we move into the second half of the financial year, I am pleased to share our progress, challenges, and achievements from the first 6 months. Despite numerous internal and external obstacles, we have continued to grow, improve, and adapt to meet the needs of our members and visitors. Our commitment to providing a world-class golfing experience and maintaining a welcoming environment for all remains steadfast.



Financial Performance

Financially, the Club has experienced a fluctuating first half of the year. The focus has been on improving our monthly overheads and spending on areas where immediate capital growth can be recognised. All project related expenditure has been put on hold until such time as we see a marked improvement in cashflow and departments operating at a profit or at least break even, hopefully reflecting in the second part of the financial year.

The Club managed to achieve a break-even scenario for the first 6 months of trade finishing up with the month of December reflecting positive yields within golf, with both member and visitor rounds up, noticeably visitor rounds on our Championship East course. However, the first month of the second half of the year came with its own challenges with over 200 mls of rain resulting in our courses being closed for 8 days. The management team are still confident that we are moving into a positive trading period with plenty of bookings and exciting events planned at the Club. A new WhatsApp platform has been initiated so that members may have immediate access to Club news and event details, so please accept the request so to have this information at your fingertips.

Our Golf Course and Facilities

Jerry Steyn, our course superintendent and his teams have made significant strides in maintaining both of our courses during some extremely challenging conditions this year. With various amateur and professional events booked for 2025 on each of our courses, much of their efforts have been to ensure that the courses continue to meet the expectations of both members and guests. Our golf team have also introduced some new competitions into this year's calendar, which will hopefully reflect positively on our tee sheets, as well as contribute to fostering a positive and lively social atmosphere around the Club.

Phase two of our solar project gets underway towards the end of February which will certainly assist us in managing the ever-increasing electricity tariffs. Planning surrounding our food and beverage improvements are also underway, where collaboration with our vendors will hopefully result in much needed changes to the main clubhouse bar and Old Oak areas during our winter months. New focus has also been given to our food and beverage offering at the Padel area in conjunction with our partners, which should yield some increased profit and improve the customer experience overall.

Strategic Focus for the remainder of the 2024 FY and 2025

The team are currently looking into a few membership models for the new financial year. Effort has been put into implementing various benchmarking exercises and data collection, so we are able to understand our environment and offer current and prospective new members something that suits not only them, but also the Club's future success. This includes single, corporate, social and family offerings which the team will share more information on closer to our promotional months for membership in the last quarter of the year. On that note, I am pleased to report that we have welcomed several new members to our Club over the past two months.

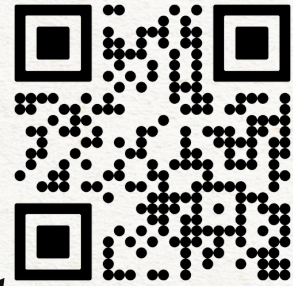
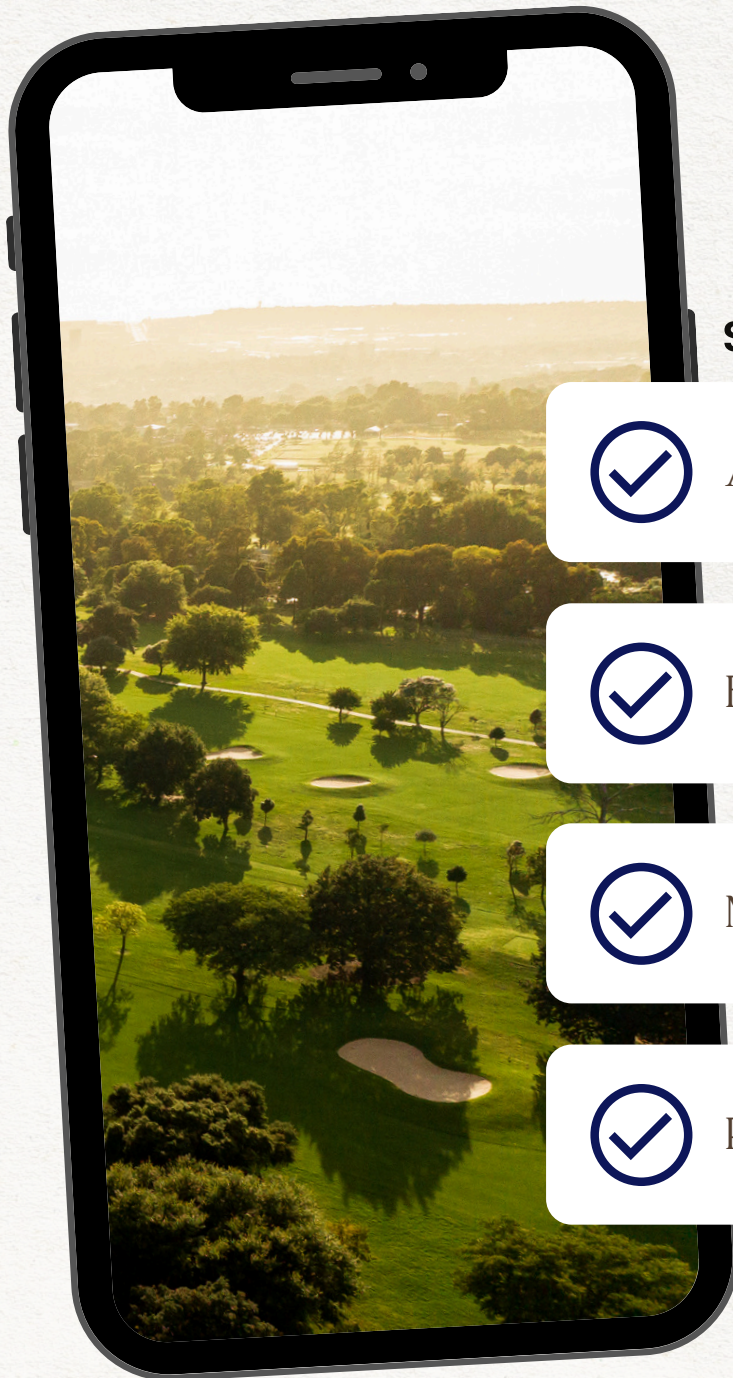
Whilst this year is generally being considered a building year with much effort being put into sustainability and maintenance, the projects list for our Club is certainly still one of our top priorities. Each department has been tasked to list each project in order of priority to ensure that when we have the resources and funds to consider them, they will be tackled and implemented.

My first six months working at our prestigious Club has been filled with learning, collaboration and getting to know the wonderful team who work tirelessly to support Royal's success. While I should not understate the challenges and tough decisions which have had to be made to sustain the Club's financial health and future, I truly believe that consistent and effective changes, both big and small, which serve our ultimate goals are what will help us make it through this period. I deeply understand that deviating from tradition and the standards and norms which have been upheld for decades can be difficult, but with both our staff and members' support and understanding, we can build a future for our Club that will allow us to realise the true potential and greatness that Royal Johannesburg is capable of.

In conclusion, our Club remains on a strong trajectory, and I am confident in our ability to achieve our goals for the rest of the 2024/5 financial year. I look forward to working closely with our team, members, and partners to ensure continued growth and success. I would like to thank all our members for their ongoing support, and I remain excited about the opportunities ahead.

JOIN OUR

WhatsApp Community



SCAN ME 



Announcements



Reminders



Marketing



Promotions



All important Club information will continue to be communicated via email, however a reminder will be sent through WhatsApp for you to check your mail!

HAPPY GOLFING

By Robert Larsen | Golf Director



Happy New Year to all our members and guests! We hope you've had a fantastic start to 2025 and are ready for another exciting year on the fairways. Here's what's happening this month:

It has been a difficult January, golf wise, with lots of interruptions of play due to some bad weather we have experienced with almost 2 weeks with no carts on the courses. Some holes have taken some damage from the almost flash downpours we have received. So please be wary around the following holes when playing on the courses over the next couple of weeks as the course staff try to recover those areas as best as possible. Holes affected are – 3, 6, 7, 11 & 13.



Club Competition Results

[View now](#) | January 2025



League Season 2025

The league season kicks off this January, with most of our teams ready to hit the ground running. A big thank you to all the captains, players, and supporters for your dedication and enthusiasm. Let's make 2025 a year to remember for Royal Johannesburg in the league! The men's new league shirts have arrived and may be collected from the front desk at a cost of R 500 – the new caps will follow. If at all possible, please make payment with a card on collection.

If you're interested in following our teams' progress or even lending your support during matches, please contact the golf department for schedules and updates.

New Fleet of Carts – Arriving Early February

We're thrilled to announce that a brand-new fleet of EZGO golf carts will be arriving at Royal Johannesburg in early February. These state-of-the-art carts are designed to enhance your experience on the course with greater comfort, reliability, and modern features.

We appreciate your patience as we finalize the transition, and we look forward to providing an even better experience for all.

Hyundai Open 2025 – Dates and Course Closures

The Hyundai Open will take place from 17–23 February 2025 on the Championship East Course. To prepare for this exciting event, the Championship East will be closed

.

The West Course will remain open for members and guests during this period, so be sure to book your tee times early. Thank you for your understanding and support as we showcase our world-class facility.





Dave Pelz Target Greens at Royal Johannesburg – Driving Range Additions

The Dave Pelz Target Greens at the driving range are a unique feature designed to enhance your practice and help you develop precision in your game. Inspired by the principles of renowned short-game guru Dave Pelz, these greens are engineered to simulate real on-course conditions, focusing on accuracy and distance control.

HOW THEY BENEFIT YOU

- **Improved Accuracy:** Target greens challenge you to focus on specific landing areas, improving your ability to hit precise shots.
- **Distance Control:** Practicing on these greens helps you refine your ability to select the right club and control your distances.
- **Short-Game Excellence:** The setup emphasizes shots within scoring range, making it ideal for sharpening your wedge play and approach shots.
- **Simulated Pressure:** Aiming for specific targets under "range pressure" can help simulate real on-course scenarios, preparing you for competitive play.

TIPS FOR USING THE TARGET GREENS

- Set a Goal for Each Session: Decide on distances and clubs to practice before starting.
- Play Games: Challenge yourself by treating the targets as par-3 holes or setting specific challenges, like landing three consecutive shots on the same green.
- Track Your Progress: Use technology like rangefinders or launch monitors to measure how close your shots land to the target greens.
- Focus on the Green: Focussing on hitting the green is the name of the game, the concept is designed to take your eye away from the pin and hit the green.

The Dave Pelz Target Greens bring a purpose-driven approach to your practice sessions, turning the driving range into a true golfer's playground.

“

Why do golfers always carry an extra pair of pants?

In case they get a hole in one!





STAFF SPOTLIGHT

BONGANI (CASPER) MPOFU

Outside Golf Operations Manager

- What initially drew you to work at this golf club?

I got an Opportunity to work at Kensington Golf Club as a cleaner, and have since grown into what I am today.

- What is your favourite memory or experience from working here so far?

My favourite memory was when a member took his clothes off during the festival of golf and then ran through the bar. Everyone laughed and we had a good time

- What do you enjoy most about working in the golf industry?

Interacting with the members and guests.

- What are your likes and dislikes in general?

I dislike criticism, people who like to moan. I like food and trying different things.

- Outside of work, what hobbies or interests do you pursue?

I like to enjoy time with friends and family. Going to the park for some food and drinks.



Trevor Barnett



EAST TO WEST

By Jerry Styen | Course Manager



A busy start to the year is on the card for the courses as we have multiple tournaments lined up for the first 5 months of 2025. As we close off the first month of the year and go into our last summer month, we have already accomplished quite a few tasks on hand on both courses in January.

The West greens have received their annual Hollow Coro aerification in the first week of January and the recovery has been exceptional with all the holes closed within 21 days. With the much-anticipated rainfall that came, came quite a few drainage challenges. An overall 210mm fell over a space of six weeks with minimal sunshine so we have taken this opportunity yet again to install some additional drainage points on both 6 and 11 East. The team has also aerified the water damaged areas on the fairways on both courses. We have started and completed a sand top up of the greenside bunkers on the East course. The sand will require a bit of time to settle but will be in pristine playing condition in no time.

Our driving range will also now be receiving some much needed TLC during February, we will be topdressing the front section of the tee to allow for more growth and de-compact the whole tee quite intensively, this will assist us in keeping the grass options available to our members consistently open during this busy period.

During February we have no major maintenance practices planned. The East greens will receive two consecutive light dustings prior to the Hyundai Open, as well as a verti drain at the end of February.



LADIES GOLF

By Wendy Huddy | Ladies Golf Manager



January is almost finished but sadly not much golf has been played over the first month of the year. The rain that we so desperately needed, arrived and played havoc with the golfers and with no carts being allowed and on some days, the courses being closed later in the day, rounds were down considerably over Christmas and the early part of January. Our days are stunning now and we are almost back to normal - sincere thanks to Jerry Steyn and his team for working around the clock to give us all the best conditions that we could get, considering the circumstances.

Our league year started in January with our annual ladies league breakfast which was attended by ladies who have stuck their hand up to play league in 2025. The breakfast was extremely well attended and we felt honoured that we joined by our two wonderful ambassadors, Ashleigh Buhai and Casandra Alexander who mingled with the ladies whilst delicious breakfasts were enjoyed. Cas kindly agreed to have three of our lady league players join her for a game soon and Wendy Ievers, Kirsty Chamberlain and Eleonora Galletti were the three names drawn. Thanks to Cas for this generous offer and we can look forward to hearing all about it ... All three of our league teams play their first match in the first week of February so good luck to everyone and thank you to all the ladies who have offered to play league this year - let's hope that some silverware returns to our trophy cupboard.



Our first ladies open day will be held on Tuesday 11 February , in celebration of Valentines Day, and already we have over 90 players booked to play. We can still accommodate a couple of fourballs so please let me know if you'd like to play – it should be a super day.

Our annual CCJ Putter competition will be played on Sunday 23 February at CCJ and we are still looking for a few more mixed couples to play. This is a super interclub event so should you wish to participate, please get hold of me A.S.A.P.

Wishing you all a healthy and successful 2025 and may you all reach your golfing goals this year – be it shooting under par or under 100 - that is the beauty of this awesome game!

THE SECRET TO SUCCESS IS SIMPLE



"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on." Serena Williams



EMPLOYEE OF THE MONTH

December
2024



Tracy Ndebele

Guest
Relations

EMPLOYEE OF THE MONTH

January
2025

Bheki Maseko

Food &
Beverage







ROYAL
JOHANNESBURG
EST. 1890

OLD SCHOOL SUNDAY

Feast

TRADITIONAL | STARTER, MAIN, DESSERT
2 MARCH 2025 | 12H00 - 15H00

R395pp St. Georges | Clubhouse | Kids U10 Eat FREE
Bookings Essential 011 640 3021 functions@royaljhb.co.za
Terms & Conditions Apply | Member Receive 10% off

Starter

Minestrone soup with
garlic croutons

Peri Peri chicken
livers with ciabatta
bruschetta.

Watermelon, orange &
feta salad

Mains

Peppered rump of beef
with Yorkshire pudding &
thyme gravy.

Roast leg of pork with
sausage stuffing and a
sage & apple sauce.

Cauliflower Morney
Buttered green beans
Crispy roast potatoes
Garden salad

Dessert

Malva pudding
with vanilla
custard.

Build your Pavlova
with meringues,
beery compote,
Chantilly cream
and vanilla ice
cream



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DATE NIGHT OFFERING FOR THE MONTH OF FEBRUARY MENU

R1650 PER COUPLE

3 COURSE DINNER & WINE PAIRING

VEGAN & VEGETARIAN MENU AVAILABLE ON REQUEST

Course 1

Springbok Carpaccio & Halloumi
Harissa. Fennel. Chickpeas. Chimichurri. Pine Nuts. Grana Padano
Allee Bleue Brut Rose

Course 2

Beef Fillet

Cauliflower Puree. Confit Onion. Potato Skins & Jus
FINN Rhone Blend

Or

Salmon

Shellfish Bisque. Compressed Apple. Edamame Beans. Baby
Beetroot

Harry Hartman Summer Sauvignon Blanc

Course 3

Chocolate Cremeux. Chocolate Coral Cake. Meringue. Strawberry
Sorbet. Macerated Berries
Lilet Blanc Bouquet

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TERMS & CONDITIONS APPLY | MEMBER RECEIVE 10% OFF

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TIP OF THE MONTH

By Martin Briedé | Teaching Professional



It has been a good start to the year - the driving range has been busy with members working on their new year resolutions. I have a tip to get your swing off to a good start. My hero Bobby Locke, in his book Bobby Locke on Golf, a real classic, wrote "The club, left hand, left arm and left shoulder all start back in one piece. What happens during the first two feet of the backswing almost entirely controls the success of the swing." He went on to say "Remember the swing is not complete until the left shoulder is fully pointing to the ball". He definitely believed that on the backswing the left side of the body controlled the movement. Check out my video below. Next month I will discuss Bobby Locke's thoughts on the downswing.

I can definitely recommend a lesson or two at the start of the year - Gavan, Ricki and I are available. Here are our contact details:



Gavan Levenson
082 990 7186

Ricki Dembo
071 381 8715

Martin Briedé
084 503 5477



THE CHEFS TABLE

By Ransley Pietersen | Executive Chef



A New Year of Culinary Excellence at Royal Johannesburg Elevating Hospitality & Dining in 2025

Happy New Year! As we embrace 2025, the Culinary & Hospitality Department at Royal Johannesburg is thrilled to bring you a year filled with innovation, refinement, and unforgettable experiences.

At The Old Oak, our commitment to excellence continues with a fresh seasonal menu, thoughtfully curated wine pairings, and exclusive dining events. From chef's table experiences to wine evenings featuring esteemed South African winemakers like L'Avenir's Dirk Coetzee, we are dedicated to crafting moments of indulgence.

Events that already have booking slots available are:

- Date Night throughout the month of February 2025
- Valentine's Dinner 14 February 2025
- Noble Roots Wine Festival 15 March 2025

Champion's Retreat

There are new and exciting menus on the horizon with a fresh new look on our wine list as well as an upgraded food menu launching in the beginning of March. Since the beginning of 2025 we have seen an increase in uptake on our food specials over weekends on the patio. The sushi has been a hit and we look forward to bringing you more exciting specials in the future.

Old School Sundays will be an amazing traditional spread for you and the family to indulge in. Book your seats now for a nostalgic throwback.

Beyond the dining room, our hospitality team is enhancing service standards, ensuring every visit to Royal Johannesburg is a seamless and luxurious experience. Whether you're joining us for a casual lunch, a fine dining experience, or a special event, expect impeccable service and attention to detail.

We value your continued support and look forward to setting new standards in hospitality this year.

Join us in making 2025 a remarkable year at Royal Johannesburg!





THE OLD OAK



Noble Roots WINE FESTIVAL

SAT 15 MARCH | 12H00 - 17H00

@ Royal Johannesburg
1 Fairway Avenue, Linksfield North
Johannesburg

Tickets: Visit TIXSA or scan below

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*Celebrate South African wine in a picturesque setting
at the second edition of the Old Oak Restaurant's
Noble Roots Wine Festival at Royal Johannesburg*

No persons under the age of 18 and no pets allowed. | Safe and secure parking available on site.



THE OLD OAK

FRIDAY 14TH FEBRUARY

Valentines Dinner

AT THE OLD OAK RESTAURANT

MENU

R 2 150 PER COUPLE

5 COURSE DINNER IN PARTNERSHIP WITH ALLEE BLEUE
VEGAN & VEGETARIAN MENU AVAILABLE ON REQUEST

COURSE 1

VEGAN OYSTER & DAY LILLY
ALLEE BLEUE BRUT 2020

COURSE 2

PORK BELLY
ALLEE BLEUE CHENIN BLANC 2021

COURSE 3

LOBSTER
ALLEE BLEUE ISABEAU CHARDONNAY 2021

COURSE 4

LAMB SADDLE
ALLEE BLEUE L'AMOUR TOUJOURS 2018

COURSE 5

CARROT & CHOCOLATE
ALLEE BLEUE SINGLE VINEYARD SYRAH 2018

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YOUR HEALTH & WELLNESS FIX

by Gavin Groves

2025: New Year, Better Me

Can you believe the first month of 2025 is already behind us? Time is flying, and we've hit the ground running! As a fitness trainer, January is typically packed with gym-goers eager to shed those holiday pounds, run marathons, or finally make those fitness goals a reality. While some influencers are calling 2025 the "twenty twenty thrive" year, our gyms seem to be as busy as usual—not a bad thing, but a reminder that many are still struggling to take the first step toward their fitness goals.



One of the main hurdles to getting started is often a lack of information or a clear plan. Improving your health can feel overwhelming without the right guidance. Let's take a moment to debunk a few common misconceptions I hear from clients that might be holding you back:

"I need to lose 20kg."

It's common for people to set big goals based on a number from their past, like their high school weight or their best marathon time. The reality is that our bodies change over time, and while weight loss is possible, it often takes longer than expected.

"I stopped eating 'X' food."

Many clients try drastic diets, cutting out entire food groups in hopes of quick results. While proper nutrition is key, eliminating food groups can do more harm than good. Instead of extreme restrictions, focus on building healthier eating habits that you can sustain long term.

"I started intermittent fasting."

Intermittent fasting can have benefits, but it's not a one-size-fits-all approach. It should only be done with professional guidance, as incorrect use can lead to hormonal imbalances and other issues.

"I don't want to look like Arnold Schwarzenegger from lifting weights."

This myth stops many from embracing resistance training. Building muscle takes time, and lifting weights won't make you bulky overnight. In fact, resistance training is a critical part of any fitness journey and can help you achieve lasting, sustainable weight loss.

Once we debunk these myths, we can focus on what truly drives change. Here are some simple tips for setting yourself up for success in 2025:





Trevor Barnett

1. Make small, consistent changes. If you commit to making one positive change each month, you'll see 12 changes by year's end.
2. Prioritize health over outcomes. Ask yourself: Will losing weight truly make me healthier, or will it just make me a lighter version of myself with the same health issues?
3. Get a full health check-up. Having a clear understanding of your health with tangible numbers will help you make informed decisions.
4. Invest in a knowledgeable coach. A good coach will help you set achievable, sustainable goals tailored to your needs.
5. See your health as an investment. Small changes add up, and taking care of your body pays off in the long run.

If you're ready to start 2025 on the right foot and want to chat about how to set and reach your fitness goals, I'm here to help! Feel free to reach out to me at:

gavingrovestraining@gmail.com or fitness@royaljhb.co.za.

Here's to a healthier, stronger 2025!



Today's actions are tomorrow's results"

AIM POINT

by Sandra van den Bergh
Certified level 3 AimPoint Instructor



Mark Sweeney Genius

Mark Sweeney is the founder and inventor of AimPoint Golf, won an Emmy Award for Technical Achievement in 2008, has been named a Best 50 Instructors in the America by Golf Digest, and is ranked one of the Best Instructors in Florida. He has taught over 100 tour players, including five players ranked #1 in the World and 10 Major winners. He has also written golf articles for Golf Magazine, Golf Digest, The New York Times, and the Wall Street Journal.



Some stats

300 Instructors worldwide - The only way to learn AimPoint correctly and accurately is from an AimPoint Certified Instructor. Members and other golfers have access right here at Royal JHB to a Certified AimPoint Instructor with more than 10 years of experience in AimPoint. I am very fortunate to be part of the AimPoint Instructor family and meet with Mark Sweeney annually for further upskilling.

Over 300,000 Amateurs - AimPoint was originally designed for junior and amateur golfers all over the world to quickly become expert green-readers. Juniors from the age of 8 can learn AimPoint. In South Africa numerous Golf RSA players are using AimPoint successfully.

Over 400 Tour Players - The best players in the world rely on AimPoint to give them a competitive advantage in their green-reading accuracy. Proven results: used by multiple Major Champions and World #1's. For over 20 years, AimPoint has enabled multiple tour players across the world to win major titles. AimPoint has proven results with World #1's on the PGA Tour and LPGA, Masters Champions, Fed Ex Cup Champions, Major Champions, Olympic Golf Medalists, and Ryder Cup and Solheim Cup Winners. Also locally in South Africa many Sunshine Tour Players continue to use AimPoint to their advantage.

But AimPoint is not just about green reading, it's a Putting Solution including Aim, Speed & Distance Control.

Don't wait, contact me for more information and making a booking. Say goodbye to 3-putting and hello to more birdie opportunities.

Sandra van den Bergh
Certified level 3 AimPoint Instructor
The only certified AimPoint instructor in Africa
E: sandra@royalretreat.co.za
C: 0832911183
Twitter: @svdberghgolf
Facebook: Aimpointgolf South Africa
Instagram: aimpointgolfsouthafrica



BESPOKE FITNESS

By Dale Ebell | Biokineticist (HPCSA/BASA)



Unlock Your Fastest Swing with The Stack System

As the club championship approaches the first weekend of May, now is the perfect time to gain an edge on the competition. One of the biggest factors in maximizing your performance is increasing swing speed—and that's where The Stack System comes in.

Why Swing Speed Matters

A faster swing doesn't just add yards off the tee—it gives you a significant advantage across your entire game. Increased speed leads to:

- Longer Drives – Gain distance without sacrificing accuracy.
- Better Ball Striking – Faster clubhead speed improves compression and consistency.
- More Confidence – Knowing you can reach par 5s in two or attack tight fairways with ease changes how you play.



The Stack System: Science-Backed Speed Training

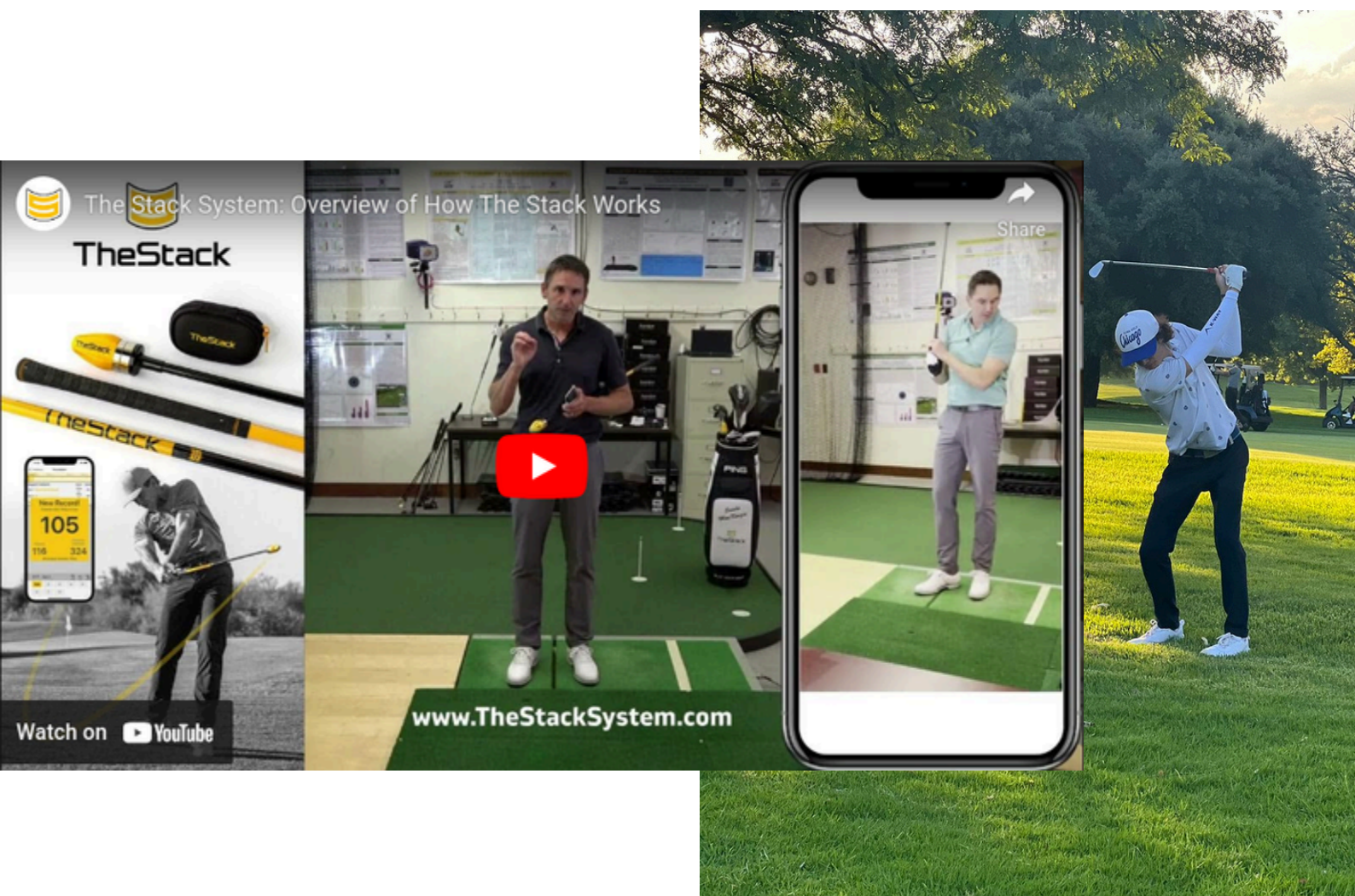
Used by pros like Matt Fitzpatrick, The Stack System is a golf-specific speed training program designed to help golfers of all levels unlock their fastest swings. With personalized programming and real-time feedback, it systematically improves your power output over weeks of training.

Your Club Championship Preparation Starts Now

To see real results by early May, the time to start is now. A 6-10 week commitment to The Stack System can lead to measurable increases in clubhead speed—helping you step onto the first tee with more power and confidence.

If you're serious about gaining speed, hitting longer drives, and playing your best golf for the club championship, reach out today to start your customized training with The Stack System.

Ready to find out how much more speed you can generate? Contact **Dale Ebell** at dale@bespokefit.co.za or **082 324 7797** to schedule a speed assessment and get started with The Stack System today!





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DHET accredited
37 SETA legacy qualifications

GCC - Skills Development provides all of our Clients with a guaranteed absorption model. This unique service offering includes all documents for your B-BBEE verification.



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bookings@royaljhb.co.za

Golf

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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.

Board:

D Harding (Chairman), B Jaggard (Vice Chairman),
C Schraibman (Club Captain), I Sanders (Lady Captain),
J Bird (CEO), R Stretch (Treasurer)
C Blankers, N Watt-Pringle, A Msenti, W Huddy.

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