

ISSUE 5, May 2025

# GOOD TIMES

THE MONTHLY NEWS OF ROYAL JOHANNESBURG



[WWW.ROYALJHB.CO.ZA](http://WWW.ROYALJHB.CO.ZA)



A NEW CLASS  
OF DRIVERS

*Titleist*



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#THEROYALEXPERIENCE





Trevor Barnett



# CLOCK TOWER TALK

## A MESSAGE FROM THE CEO

*By Paul Leishman | CEO*



It has been the most amazing month. I am so honoured to join the Royal Johannesburg family and I am incredibly grateful for the warmest welcome from all members and staff at the Club. Thank you to everyone who has made a point of greeting me ... it will take a while to get to know all the names, so please bear with me.



Thankfully the rain has stopped and we have had a good month starting with an incredible Club Champs, Mother's Day and the Waterfall City Tournament of Champions Tournament last week. It's great to see everyone out there enjoying our beautiful May weather.

We have received just short of 300 responses to the Member's Survey, and whilst this is only 20% of our membership, it will still give us a good indication of what you think of Royal and we will use the feedback to guide us when we do a strategic review at the beginning of July. If you missed the survey, we would encourage feedback at any time ...you can use my contact details at the bottom of this message.

One of the key focusses of the management team will be creating fun and exciting events to get you down to the Club more regularly. All the details are in this newsletter but some of the highlights for June include :

- Friday 9 hole Meat Competition – every Friday from 13th June.
- The US Open Quiz night – Wednesday 11th June – hosted by Rob Larsen.
- Father's Day – 15th June – Breakfast buffet or lunch or both.
- Youth Day – 16th June - Free Junior SNAG clinic at 11:00, putting competition and burger buffet on the patio.

We are listening to member feedback and are planning a new spring menu launch for the Old Oak , but in the interim please take advantage of our winter warmers (valid June to end August) that include :

- All members will get a 20% discount when using their pre-funded account.
- New lunch time specials – quick and budget friendly deals.
- New pizza offerings.

We will also be launching an exciting Club draw on the first Friday of each month from 4th July ... details will be shared soon but block off your diary for an exciting evening of live music, great food and awesome prizes.

It's also subscription renewal time ... Mariette Blyth in our accounts department, will be moving into a new role as membership liaison to assist Candice Humphrey with all membership administration and sales. We are aiming to attract 200 new members this coming year and will be asking all members to help us in this effort. Look out for more marketing information coming out in June.

When paying your subscriptions, please ensure you put your membership number as a reference. We have several unallocated payments so if your account is not reflecting a payment please contact us with proof of payment so we can allocate it correctly.

See you around the Club!

Paul Leishman  
ceo@royaljhb.co.za  
082 322 2369





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EST. 1890

# SUPERDAD

FATHER'S DAY AT ROYAL

SUNDAY 15 JUNE 2025

**BUFFET**

*Breakfast*

On the Patio

**08H00 - 11H00**

**R 195 PP**

CHILDREN (8 -13 YEARS) R 150  
KIDS UNDER 8 FREE

*Member 10% discount applicable*

*Buffet*  
**LUNCH**

In the St George's Room

**12H00**

**R 375 PP**

CHILDREN (8 -13 YEARS) R 150  
KIDS UNDER 8 FREE

*Member 10% discount applicable*

**INCLUDES**

*Arrival drink*  
**LIVE ENTERTAINMENT**



THE OLD OAK

**STANDARD MENU AT**

*Old Oak*

**BOOKINGS:**

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



SCAN HERE





CLICK HERE TO VIEW

# MEMBERSHIP RENEWAL

1 JULY 2025 - 30 JUNE 2026

An aerial photograph of a vast, green golf course. The course is dotted with numerous mature trees and several sand traps. In the far distance, a city skyline is visible under a hazy, golden sky, suggesting a sunrise or sunset. The image is framed by dark blue horizontal bars at the top and bottom.

REQUEST YOUR PRO-FORMA



Club Championships was another spectacular event this year. A huge thank you to all the players who took the time out of their busy schedules to compete this year and a final thanks from the golf department to the staff members who come together and assist with the running of this event - you are all superstars. Congratulations to the 2025 Club Champion, Renier Jansen Van Rensburg on his fine performance, along with all the weekends winners:

2025 Club Championships		
2025 Club Champion	Renier Janse Van Rensburg	141 Gross
Runner up:	Matthew Mortimer	147
36 Hole nett:	Andrew Erasmus	144 on a c/o
Day 1 nett:	Mohammed Darsot	70 nett
Day 2 nett:	Clinton cheia	69 nett



B Division		
<b>B Division Champion</b>	<b>Clint Poppesquo</b>	<b>156 gross</b>
<b>Runner up:</b>	<b>Muhammad Choonara</b>	<b>159</b>
<b>36 Hole nett:</b>	<b>William Whitecross</b>	<b>146</b>
<b>Day 1 nett:</b>	<b>Veron Morris</b>	<b>72</b>
<b>Day 2 nett:</b>	<b>Cameron Kaindl</b>	<b>69</b>

C Division		
<b>C Division Champion</b>	<b>Blade Kearney</b>	<b>169 gross</b>
<b>Runner up:</b>	<b>Ugan Maistry</b>	<b>171</b>
<b>36 Hole nett:</b>	<b>Zain Asmal</b>	<b>146</b>
<b>Day 1 nett:</b>	<b>Matthew Crawford</b>	<b>71</b>
<b>Day 2 nett:</b>	<b>Brett Perlstein</b>	<b>69</b>

D Division		
<b>D Division Champion</b>	<b>Eric Laing</b>	<b>71 pts</b>
<b>Runner up:</b>	<b>Kenny Munsammy</b>	<b>70</b>
<b>36 Hole nett:</b>	<b>Dylan Straw</b>	<b>69</b>
<b>Day 1 nett:</b>	<b>Hennie Visser</b>	<b>35 on c/o</b>
<b>Day 2 nett:</b>	<b>Amir Regev</b>	<b>36 on c/o</b>

Junior		
<b>Junior Champion</b>	<b>Muhammad Choonara</b>	<b>75 pts</b>
<b>Junior B Div Champion</b>	<b>Khadeejah Choonara</b>	<b>82 pts</b>

Senior		
<b>Senior Champion</b>	<b>Clint Poppesquo</b>	<b>71 pts</b>
<b>Runner up:</b>	<b>Kenny Munsammy</b>	<b>70 pts</b>

With the summer Club Championships done and dusted, we now look forward to Winter Club Championships – please keep your eyes peeled for this entry form and information pertaining to the event. Save the date: 23<sup>rd</sup> & 24<sup>th</sup> August 2025.



# Trophy Winners



MUHAMMAD CHOONARA  
JUNIOR CHAMPION (75 POINTS)



RENIER JANSE VAN RENSBURG  
CLUB CHAMPION (141)



LAUREN VAN DER MERWE  
LADIES CHAMPION (148)



CLINT POPPESQOU  
B DIV WINNER (156)  
SENIOR CLUB CHAMPION



BLADE KEARNEY  
C DIV WINNER (169)



KHADEEJAH CHOONARA  
LADIES BRONZE DIV WINNER  
JUNIOR B DIV WINNER  
(82 POINTS)



ERIC LIANG  
D DIV WINNER  
(71 POINTS)



## CONGRATULATIONS



## New Events

As we continue to strive for excellence in all forms of club entertainment, on and off the course, there will be some new events added to the calendar. As already advertised, the first of these will be the return of the quiz evenings at Royal Johannesburg on 11 June 2025. Don't miss out on what will prove to be a great event. Look out for some other exciting events to be announced shortly.

### League Update (current standings)

- Scratch League A – 1st in the A division
- Scratch League B – T6th in the B division
- Mid AM A – Currently in T3rd Position in the A division
- Mid AM B - Currently in T4th Position in the C division
- West BB League – T2nd in the D division
- East BB League – T4th on the A division
- Junior League – T3rd in the B division

## GOLF RULE OF THE MONTH: ACCIDENTAL MOVEMENT OF A BALL ON THE PUTTING GREEN

### **Rule 13.1d – Ball Accidentally Moved on the Putting Green**

Did you know? If your ball accidentally moves on the putting green, there's no need to panic — and no penalty in most situations!

Here's what you need to know:

If you accidentally move your ball or ball-marker while preparing for a stroke, reaching for it, or even brushing it with your hand or club — there's no penalty.

Simply replace the ball or marker back to its original spot, as close as you can estimate.

This also applies if your ball moves due to wind, rain, or gravity after you've already marked and replaced it. Again, no penalty — but it must be replaced.

o its original spot and play on.



Penalty applies if:

If the ball is moved deliberately (outside of marking or replacing it) or in a way not permitted by the rules, a penalty may still apply.

Example:

You're about to line up your putt, and your hand accidentally brushes the ball with your sleeve — it rolls a few inches.

What do you do?

No penalty. Just replace the ball to its original spot and play on.

### **Did You Know?**

Royal Johannesburg is one of only a handful of Clubs in South Africa to carry the prestigious “Royal” title, granted by King George V in 1931.

This distinction places the Club in elite company, alongside a select group of Royal-designated Clubs worldwide. The title reflects not just a rich history, but also a legacy of excellence in golf, tradition, and contribution to the game over generations.

Over the years, Royal Johannesburg has hosted numerous professional and amateur championships, and has welcomed legends of the game like Gary Player, Ernie Els, and Seve Ballesteros.

So next time you walk the fairways, remember — you're part of a Club with Royal roots and a truly storied past!





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# US OPEN QUIZ NIGHT

*Hosted by OB Molefe  
& Rob Larsen*

**WEDNESDAY  
11 JUNE**

**DINNER: 18H00  
START TIME: 18H30**

*Winner of each  
round gets a  
complimentary  
round of drinks*

**COST: R 120**

Includes light dinner  
Steak & guinness pie or Lasagne  
Served with salad  
Teams of 4

## **8 CATEGORIES**

General Knowledge  
Geography  
History  
Entertainment  
US Open Trivia  
Movies  
Guess who  
Bonus Round (double points)

## **BOOKINGS:**

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





Starts Friday 13 June



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# Friday 9 Hole Meat Competition

Comp Fee: R50

Individual Stableford

Bookings from 14h30

*Afternoon 18 Hole bookings can enter  
the 9 Hole Meat Comp*

***Meat Hamper up for  
grabs to the value of  
R 1 500***

*Must be at prize giving to win*

Booking: 011 640 3021  
[bookings@royaljhb.co.za](mailto:bookings@royaljhb.co.za)

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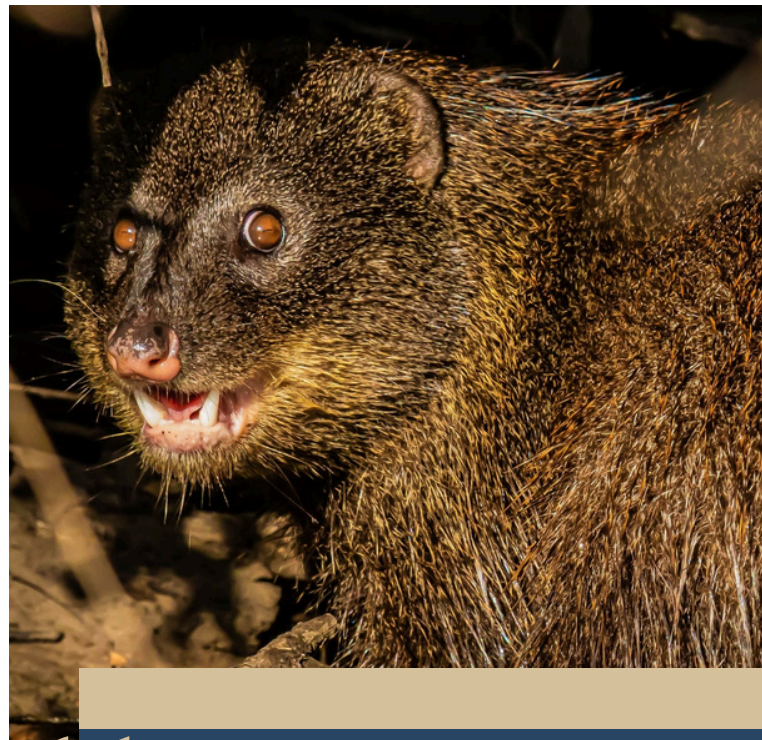


# ROYAL NATURE

The **Water Mongoose** (*Atilax paludinosus*), also known as the **Marsh Mongoose**, is a fascinating and elusive creature native to sub-Saharan Africa.

This medium-sized mongoose is well-adapted to semi-aquatic habitats, often found near rivers, streams, and wetlands.

Water mongooses have a dark reddish-brown to black fur with white and fawn-colored guard hairs. They are robust animals, with males measuring up to 51.38 cm in head-to-body length and females slightly smaller. Their feet have five digits with curved claws, ideal for digging and grabbing food. Primarily solitary and nocturnal, water mongooses are excellent swimmers and can dive for up to 15 seconds. They feed on aquatic prey such as crabs, prawns, fish, and frogs. Communication among water mongooses involves vocalizations, body postures, and scent-marking.



It's wonderful to hear about such a rare sighting from Trevor Barnett!"

*Have you ever seen a water mongoose yourself?*







Trevor Barnett





# EAST TO WEST

*By Jerry Styen | Course Manager*





The entire maintenance team would like to welcome Paul Leishman as our new CEO. Paul is well respected in the industry and we are very fortunate to have Paul as our Chief. We wish Paul all the best in this new role and he is assured of our full commitment and support.

For some reason, it feels like our seasons have normalised in a blink of an eye. Normally our frost only arrives with small pockets by mid-June but this year, our first pockets were noticed early May. All the bottom holes on East were covered in frost on the 27 May. With that being said, we head into winter with multiple winter projects kicking off and on the cards. Winter is also the time of year when we send our staff on their annual leave with a staggered approach over the course of four months. The first guys have already taken their time returning on 2<sup>nd</sup> June with the next guys following.

We have had two major events at Royal. The first was Club Championships which was a successful event, although the course condition was not at the best we know we can deliver, due to the weather we have faced over the past three months. Congratulations to all who participated; you are all champions for showing up and supporting this event. The Sunshine Tour also visited us this past week with the Waterfall City Tournament of Champions. The course held up well with the frost threatening us on Thursday and managing to stay away. The feedback has been superb from players and congratulations to the Champion, Kieran Vincent on his fine play. We look forward to the next one.

Members will notice that we have started with the levelling of the 11<sup>th</sup> East tee boxes. We have used this opportunity to enlarge the three tier tee boxes and make them better aesthetically pleasing from the walk off the 10<sup>th</sup> green and adding huge value in the playability of this hole when standing on the tee. Following this tee we will target the middle tee on the 5<sup>th</sup> East. This tee box will also be enlarged by double the size. It is currently allowing for more rotation of the tee boxes and recovery time from divots. The West team has installed new drainage on the 11<sup>th</sup> & 12<sup>th</sup> fairways on the two problematic areas. We sourced the use of the excavator from the developer to remove the silt from the dam on 13 East. This dam plays a crucial role in our irrigation system and the silt build up was close to a point where if we did not clean it out, we would not have been able to get water to the pumpstation which would have resulted in a disaster, come the spring season.



On the maintenance side, we have the following happening in June:

- Vertidrainage of the West greens with 6mm solid tine on the 2<sup>nd</sup> of June followed by a light dusting.
- Vertidrainage of the East greens with a 6mm solid tine on the 9<sup>th</sup> of June followed by a light dusting.

*Vertidrainage (also called deep tine aeration), is a crucial turf maintenance process, especially on golf greens, to relieve compaction, improve drainage and promote healthy root growth. Vertidrainage improves the soil structure allowing for oxygen exchange and water to infiltrate.*

During June we will start with the mowing of all the veldgrass areas on East then followed by the West. the team will also get stuck into the wetlands on the 6/7<sup>th</sup> as well as the 7/11<sup>th</sup> to assist us during the rainy months to get the water off the courses quicker.







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# GOLF

WINTER SPECIALS

2025

## WINTER GOLF AT ROYAL JHB

20 - 60 PLAYERS R 630 PP

61 - 100 PLAYERS R 600 PP

Includes Greenfee, halfway, tea / coffee at  
registration and light dinner

VALID 1 JUNE TO 30 AUGUST 2025

BOOK NOW: [GOLFEVENTS@ROYALJHB.CO.ZA](mailto:GOLFEVENTS@ROYALJHB.CO.ZA)

*Weekday's | East or West Course (Subject to Availability) | Terms & Conditionas apply.*







# LADIES

# GOLF

*By Wendy Huddy | Ladies Golf Manager*



May has been a good month for the ladies at Royal – the weather has been superb and the golf has been great.

We welcomed our C.E.O., Paul Leishman, to Royal on the 2<sup>nd</sup> May and already his presence is being felt around the Club. We can look forward to a long, happy and successful stay at Royal for Paul and may our wonderful Club continue to grow in leaps and bounds under his leadership.

The month started off with a bang with the staging of the 135<sup>th</sup> Club Championships over the first weekend in May and thank you to all the ladies who participated in this year's event. The golf played was exhilarating and congratulations to all our winners:

2025 Club Championships - Silver Division		
<b>2025 Ladies Club Champion</b>	<b>Lauren van der Merwe</b>	<b>148 Gross</b>
<b>Runner up:</b>	<b>Eleonora Galletti</b>	<b>151</b>
<b>36 Hole nett:</b>	<b>TzeNing Chang</b>	<b>147</b>
<b>Day 1 nett:</b>	<b>Sam Hudson</b>	<b>74</b>
<b>Day 2 nett:</b>	<b>Louise van der Vyver</b>	<b>70</b>

Bronze Division		
<b>2025 Ladies Club Champion</b>	<b>Khadeejah Choonara</b>	<b>82 pts</b>
<b>Runner up:</b>	<b>Kim Jacob</b>	<b>66</b>
<b>36 Hole nett:</b>	<b>Sherida Stevens</b>	<b>35</b>
<b>Day 1 nett:</b>	<b>Helen Tyne</b>	<b>36</b>
<b>Day 2 nett:</b>	<b>Louise van der Vyver</b>	<b>70</b>



Shirley Hubbard was crowned the 2025 SWGG Bronze Vi Frost Champion on Friday 16<sup>th</sup> May with a very impressive score of 41 Individual Stableford Points. This fixture was played on the tough East Course. Four Royal ladies are playing in the 2025 Senior Nationals in Pretoria this week and we wish them all the very best of luck.

Lauren van der Merwe and Lelane Straw cleaned up at the 2025 Pam Golding Ladies Open Tournament played on both the St Francis Bay Course and the St Francis Links course in the middle of May. The couple shot 91 points in the 2 day betterball competition, scoring 41 points on the St Francis Bay course and 50 points on the Links course. Congratulations to both ladies on their overall performance!

Our league ladies had mixed fortunes again this month with our two weekday teams recording great wins against Parkview and Randpark, both away, and our Sunday team just being pipped on the last hole on the West Course against Modderfontein 2. All three teams are in a good position on their respective league logs.

Lauren van der Merwe was selected to represent C.G.G.U. in the 2025 Interprovincial Tournament held at Ruimsig from 19 to 23 May and she had a most successful campaign. Not only was Lauren part of the winning team, (C.G.G.U. have now won the IPT for three consecutive years), but her record in the tournament was beyond impressive:

Played: 10	Won: 6	Lost: 1	Tied: 3
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We look forward to hosting our 2025 Masters Ladies Open on 10 June. This was postponed from April and we hope the weather is kinder to us second time around – thank you to those of you who have entered.

Wishing you all good health and hope to see you on the fairways and in the Clubhouse, supporting all that our Club has to offer.





ROYAL JOHANNESBURG  
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*Tuesday 8 July*

**LADIES**

*Wimbledon Open*

**WEST COURSE**

FROM 7AM

R 185

MEMBERS WITH PRE-PAID ROUNDS

R 500

GUESTS AND MEMBERS WITHOUT PRE-PAID ROUNDS

INCLUDES: COMP FEE, LIGHT LUNCH & CHAMPAGNE

**BOOKINGS:**

**LADIES@ROYALJHB.CO.ZA**  
**WHATSAPP: 082 772 0489**





# EMPLOYEE

## OF THE MONTH

May 2025

Front of house

*Kenneth Dube*



Back of house

*Vuyelwa Dube*







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# BLANKET

## *Drive*

### 2025

**HELP US SHARE THE WARMTH**

*BY DONATING BLANKETS OR  
R 250 TO GO TOWARDS  
PURCHASING A BLANKET!*

*Between the 1<sup>st</sup> & 18<sup>th</sup> June 2025*

*Drop off at reception*









# MORE THAN A FITTING

By Greg Jacobs | Club Professional



## We're excited to officially welcome Jules Helary to the team in the Golf Shop!

Many of you will already know Jules - not just as a talented professional golfer, but as a familiar face around the club. He's been a proud member of Royal for nearly nine years, and during that time, he's become part of the fabric of our golfing community.

Jules brings not only a wealth of experience and knowledge to the team, but also a genuine passion for the game and the people who play it. Whether you're popping into the shop for gear advice or a quick chat about your round, you'll find Jules ready to help with a smile (and probably a tip or two).

Please join us in wishing him all the best in his new role - we know he's going to be a fantastic addition to the team.



## Winter warmers have landed!

As the chill sets in and you're starting to feel a bit cold on the fairways, we've stocked up to keep you warm and swinging in comfort.

The latest range of winter gear has arrived perfect for those early morning tee times, post-round chats, or even just staying cozy around the clubhouse.

Pop into the Golf Shop to check out the new arrivals and make sure you are prepared for the colder days on the course.





### **Get them before they're gone! Pro V1x Special**

If you haven't stocked up yet, now's your chance. We've still got a few Pro V1x dozens available in white and yellow, and they're going for just R750 while stocks last!

Trusted by the best and loved for their feel, flight, and control, don't miss out before they're gone.

Pop into the shop and grab yours before the final sleeves disappear!

### **Callaway's latest golf bags are here!**

We're excited to announce that our stock of the stunning new Callaway bag range have arrived with 14 styles in a mix of vibrant and classic colours, there's something for every golfer and every setup. When you are next at the Club, come and take a look - we have a feeling you'll fall in love with more than one.

### **Perfect your putting: Callaway Odyssey Fitting Day**

In partnership with Callaway, we have arranged a dedicated putter fitting day to help you take the guesswork out of one of the most important clubs in your bag.

On Saturday, 21 June, you'll have the chance to test a range of Odyssey putters and get expert guidance to find the perfect fit for your stroke and setup. This is your chance to work one-on-one with our experts and fine-tune your putting to help you gain confidence on the greens.

Spaces are limited, so please book your spot in the Golf Shop.

Let's find you a putter that truly performs.





# GREG'S LOYALTY REWARDS

## Unlock Exclusive Benefits All Year Round!

*For just an annual fee of R10,500.00, become a valued member of our Loyalty Rewards Program and enjoy the privilege of purchasing any golf-related products at cost price throughout the entire calendar year. It's not just a sale – it's a year-long opportunity you won't want to miss!*

### What's Included:

Access to **cost price** on all golf products - **No exclusions** – shop directly from top brands like Titleist, Callaway, Srixon, and lots more.

### Terms and Conditions:

*\* Easy payment via EFT: R10,500.00 annual fee \* Purchase all your favorite items at cost price directly from the brand agents \* Payment methods: EFT or cash (no credit card payments) \* Payment must be made before 28<sup>th</sup> February \* Exclusive promotion valid for the Loyalty Rewards member only (strictly non-transferable) \* Golf shop credit can be applied toward purchases \* Your exclusive purchasing power is valid from 1<sup>st</sup> January to 31<sup>st</sup> December 2025.*



Join our Loyalty Rewards Program today and elevate your golfing experience.



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**MIZUNO**

**PING**

**Callaway**  
GOLF

**Cobra**

**FootJoy**





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MONDAY 16<sup>th</sup> JUNE

JOIN US FOR

# YOUTH DAY

AT ROYAL



## FREE SNAG CLINIC

FOR ALL JUNIORS 4 -10 YEARS OLD  
11H00 TO 12H00

IN FRONT OF THE CLUB HOUSE



## CHIPPING & PUTTING COMPETITION

FOR EVERYONE FROM  
11H00 TO 14H00

GREAT PRIZES & LOADS OF FUN



## BURGER BUFFET ONLY R95

CHICKEN OR BEEF  
SERVED ON THE PATIO  
BETWEEN 12H00 & 14H30





# TIP OF THE MONTH

*By Martin Briedé | Teaching Professional*



May has been a busy month on the range, with Club Championship weekend and the Waterfall City Tournament of Champions.

My tip this month is that the best way to improve your game and enjoy it more, is to take a lesson from one of our teaching professionals. With this in mind, I will introduce you to the coaching team at the Royal Johannesburg Driving Range and Academy. All are members of the PGA of South Africa.

First is Gavan Levenson who is a legend in his spare time and is a Master Professional. Gavan as a player is a South African Open Champion and has won on both the Sunshine and European Tour. Gavan ran his own successful academy at Glendower before joining us here at Royal. Gavan focuses on members and juniors.

Ricki Dembo is a AA Professional. He is a talented coach with 10 years of experience and has a wide variety of clients of members and guests but is very good with juniors and has a large clientele of junior golfers.

Stacey Burrows is my apprentice and she is on the PGA apprenticeship programme. Stacey runs a junior clinic for members of Saturday mornings and this month she will be launching a series of lady clinics for members which are sure to be fun and informative.



Adriaan Coetzer is a Grade A professional and he runs a SNAG golf programme which is done with St Johns College.

Our newest member of the team is Keagan Beyers. Keagan's focus is developing elite players and Royal members, Dylan Mostert and Matthew Mortimer are pupils of Keagan.

Over the coming months I will be profiling our coaches in more detail. For details about lessons contact me on 084 503 5477 or [martinbriede@me.com](mailto:martinbriede@me.com)

Click on the video below to meet the coaches:



**Martin Briedé**  
084 503 5477

**Ricki Dembo**  
071 381 8715

**Stacey Burrows**  
076 792 5262

**Gavan Levenson**  
082 990 7186

**Keagan Beyers**  
082 643 9018



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THE JETOUR DASHING  
FROM R349 900**



**EDENVALE | BOKSBURG**





# THE CULINARY CORNER

*By Erik Brakhoven | Food & Beverage Manager*





A heartfelt thank you to all our members who joined us in celebrating Mother's Day – it was a memorable occasion made special by your presence.

Now it's time to treat the dads!

Join us on Sunday, 15 June for a fun-filled Father's Day celebration. Enjoy a delicious buffet breakfast on the patio or a relaxed lunch in St. George's – the perfect way to show your appreciation to all the Dads.

We're also excited to announce a new benefit for our members: Starting 1 July, The Old Oak will offer a 20% discount on all food and beverages charged to your member account.

Bring the family and enjoy great food, good company, and a little extra value – we look forward to welcoming you!





# THE ROYAL BUZZ

*By Clinton Duncan | Royal Bee Guy*



## A buzz of strength

Working the winter buzz with nature. June will mark three years since BeeLIEVE started this magical journey with Royal Johannesburg. Not only have we grown from strength to strength, Royal Johannesburg has become the benchmark and leader in Apiculture management for golf courses in South Africa, with many facilities starting to follow suit.



## The Winter Buzz

As we prepare for the winter months, cutting has commencement on the east course and should take a few more days. We had plans to enter into a national honey competition but decided not to deplete the bees of their necessary food showcasing a true commitment to sustainable and ethical beekeeping.

To date, the hives at Royal Johannesburg have produced of honey and keeps growing every year. I hope we can carry on with this remarkable initiative into the future as the buzz keeps on growing.



## Working with nature

Our pledge to protecting natural habitats through professional bee removal practices has seen trees still standing in their beauty while protecting the entire biodiversity chain. We recognize the urgent need to address environmental challenges such as climate change, pollution, and biodiversity loss.

**Honey pulled off seven hives has totalled 148kg with an average per hive at 21.20kg**







Trevor Barnett





# YOUR HEALTH & WELLNESS FIX

*by Gavin Groves*

## **Power from the Ground Up: Unlocking Your Golf Swing with Ground Reaction Forces**

When watching professional golfers, there's something unmistakably powerful about their swings. It's not just the fluidity or club speed—it's how they use the ground.

You might not see it, but every time a player loads into the backswing and transitions into impact, they're creating and applying ground reaction forces. This is one of the biggest performance differentiators in modern golf.

### **What Are Ground Reaction Forces?**

In simple terms, ground reaction force is the energy your body pushes into the ground—and the equal and opposite force the ground pushes back with. Think of it like jumping: you push down, and the ground pushes you up. In golf, that same principle applies during the swing, especially in the downswing when force is translated into rotational power and clubhead speed.



The best players in the world have trained—consciously or not—to time and apply these forces efficiently. This creates torque, vertical thrust, and lateral pressure that adds serious distance without requiring more effort from the upper body.

### **Why It Matters for Your Game**

Many amateurs rely too heavily on their arms and shoulders for power. This not only limits distance but increases strain and inconsistency. Developing your ability to push into the ground and “use the ground” during your swing leads to:

- Increased clubhead speed
- Better balance and stability
- Improved sequencing and timing
- Reduced injury risk

### **Building Ground Force in the Gym**

The gym is where we build the engine behind this invisible power. You don’t have to train like a sprinter or Olympic lifter—but you do need to train smartly. Here are a few of my go-to exercises to help golfers develop ground force potential:

- ***Trap Bar Deadlifts***

A key move for developing vertical ground force and posterior chain strength (glutes, hamstrings, back). This builds the foundation for powerful vertical thrust in the golf swing.

- ***Medicine Ball Rotational Slams***

These mimic the rotational force and speed needed in a swing. Slamming into the ground teaches you to generate and release force explosively through your core and lower body.

- ***Split Squats or Lateral Lunges***

These develop single-leg strength and lateral stability—essential for weight transfer and balance during the swing.

- ***Countermovement Jumps***

A great drill to train the stretch-shortening cycle of your muscles (just like in your swing transition). Focus on landing softly to improve control.

- ***Band-Resisted Rotations***

Attach a resistance band at waist height and perform explosive rotational moves. This teaches your body to initiate power from the hips and legs—not just the arms.



## Final Thoughts

Using the ground properly isn't just for elite players. It's a skill that can be trained, refined, and integrated into every golfer's game—with the right approach. By pairing smart gym work with technical swing coaching, you'll be amazed at how much more efficient and powerful your swing can become.

And yes—it's measurable. Studies and 3D swing analyses show that players who improve their vertical ground reaction forces by just **10–15%** can gain **3 to 7 mph** in clubhead speed. That translates to **7–18 extra metres** of carry distance, depending on launch conditions.

To put it in perspective:

- Tour pros generate vertical ground forces up to **1.6 to 2.0 times their body weight** at peak.
- Most amateurs are around **1.2 to 1.4 times** their body weight.
- Getting closer to tour-level force production—through targeted gym work and sequencing—can result in up to **15% more power output** without swinging harder.

In one PGA Tour study, players in the top third for vertical force averaged **12 yards longer** than those in the bottom third—with no difference in body size.

So, using the ground better doesn't just look athletic—it plays longer. And the gym is where that begins.

If you're unsure where to start or want a personalised program tailored to your swing and body, I'm always happy to chat or work with you one-on-one at the performance gym here at Royal.



**Strong today,  
stronger  
tomorrow.”**







# SPACE AVAILABLE FOR A WELLNESS PRACTITIONER

We are seeking a skilled and enthusiastic partner in the health and wellness area of expertise to become part of our bespoke facility. Join our established team which includes a Biokineticist, Personal Trainer, Chiropractor, Pilates and AIM Point Instructor.

Royal Retreat Wellness & Fitness Club at Royal Johannesburg has an opportunity for an individual within the wellness industry who wishes to grow their business in a welcoming and professional setting. You will have access to members, golfers, and patrons of our facility, which includes a gym, padel courts, residents, restaurants, and a chiropractic practice.

For further details, interested candidates can reach out to:

Sandra van den Bergh  
083 291 1183  
sandra@royalretreat.co.za



ROYAL RETREAT  
*Wellness & Fitness Club*

Royal Johannesburg has a long and proud history and maintaining that heritage is our most important job.

Since 1890, we have consistently been seeking out only the best talent in every field.

For more information  
about the Club  
[www.royaljhb.co.za](http://www.royaljhb.co.za)



# BESPOKE FITNESS

By Dale Ebell | Biokineticist (HPCSA/BASA)



## Lower Body Power: The Hidden Key to Distance and Control in Golf

In the game of golf, distance and accuracy often steal the spotlight. Players chase more yards off the tee and strive for precision with every approach. While much attention is placed on swing mechanics, club technology, or upper body strength, one crucial factor tends to be overlooked—**lower body power**.



Your lower body forms the foundation of your swing. It plays a central role in generating clubhead speed, maintaining balance, and transferring force efficiently through the kinetic chain. The glutes, hamstrings, quads, and hips work together to create a stable base during the backswing and an explosive drive through impact. Without strong, powerful legs, a golfer is essentially swinging from a shaky platform.

In strength and conditioning for golf, improving lower body power isn't just about lifting heavier weights—it's about training for speed, control, and rotational force. Exercises like lateral bounds, jump squats, rotational medicine ball throws, and kettlebell swings simulate the demands of the golf swing, helping athletes generate ground reaction force and improve sequencing from the ground up.



But what happens when injury gets in the way?

Lower body injuries—particularly to the knees, hips, ankles, or lower back—can significantly reduce a golfer's ability to load and explode through the swing. Pain, instability, or weakness may lead to compensations elsewhere in the body, disrupting timing, decreasing clubhead speed, and even increasing the risk of further injury. This is where a golf-specific rehab and strength programme becomes critical.

By restoring mobility, rebuilding strength, and reintroducing power-based movements in a controlled progression, injured golfers can not only return to play but often come back stronger and more stable than before.

Ultimately, lower body power is more than just a physical attribute—it's the hidden engine of both **distance and control**. Whether you're a weekend golfer or a low-handicap player, focusing on the strength, stability, and speed of your lower body can transform your performance. Don't just train to play—train to play stronger, longer, and pain-free.

Contact **Dale Ebell** at [dale@bespokefit.co.za](mailto:dale@bespokefit.co.za) or **082 324 7797** !





# AIM POINT

*by Sandra van den Bergh  
Certified level 3 AimPoint Instructor*



AimPoint was designed as a method of reading and interpreting the green, allowing golfers to become more relaxed when they're on the course.

Regardless of a person's age or height, or arm length and finger thickness, it all boils down to the same geometry. The length of your arm and width of your fingers, that ratio is about the same for all people – *Mark Sweeney, founder of AimPoint.*

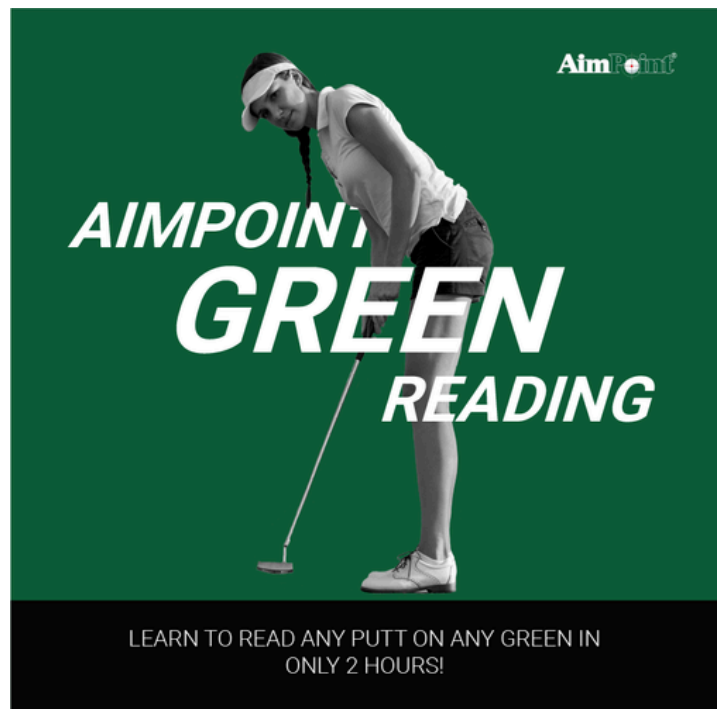
Here is the link to the Golf Central feature [CLICK HERE](#)





## Some Stats

- >65% of tour professionals are using it
- 360 Aimpoint Instructors world wide – teaching over 1 million golfers
- 50% of every PGA tournament in the last 8 years has been won by an AimPointer
- Not slow – called Aimpoint Express because it takes 10 seconds to read a 20 foot putt, 3 seconds for a 6 foot putt
- Less foot prints than a traditional read walking around the hole.



Don't wait, contact me for more information and making a booking. Say hallo to a full putting system of read, aim, speed.

Sandra van den Bergh

Certified level 3 AimPoint Instructor

The only certified AimPoint instructor in Africa

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### **National Call-ups**

Congratulations to Royal Johannesburg member, Mowana Chokwe who was selected for the Botswana National Men's team, and competed in the 2025 Africa Golf Confederation (AGC) Region 5 Games\* from 12 to 17 May at Gaborone GC in Botswana. At just 14 years old, Mowana earned his place in the Senior team through a qualifying tournament. Having only just made his debut for the Junior National team in the All Africa Junior Team Championship last month, Mowana is rising fast and earning it all the way.

### **Rookie caddy, Jamie on the Ladies European Tour**

Congratulations to past Royal Johannesburg member and BSI PGA graduate 2024, Jamie Senekal and Ladies European Tour player, Brianna Navarrosa, who came second in the Dutch Ladies Open at the Goyer Golf & Country Club, Netherlands played from 16 to 18 May 2025. Jamie studied the PGA Diploma through BSI and graduated last year and during his three years of studies he caddied part-time for Samuel Simpson on the Sunshine Tour. Jamie then got the opportunity this year to caddy on the Ladies European Tour for Brianna and first carried her bag at the Jo'burg Ladies Open, and then at the South African Ladies Open at Erinvale GC. On his third opportunity on the bag, they successfully achieved a podium finish. Well done to the two of you, and may your partnership continue to flourish long into the future.



## Results

### **Free State Women's Open; Vaal de Grace GE (10 & 11 May)**

T12 – Alexis Toriani

### **SA Kids Golf; CCJ (11 May)**

Boys U14:

10<sup>th</sup> – Lu'ay Hsu

### **2025 Africa Region 5 Tournament; Gaborone Golf Club (14 – 17 May)**

T6 – Gilbert Chalwe

26<sup>th</sup> – Mowana Chokwe

### **Prince's Grant Invitational; Prince's Grant GC (11 & 14 May)**

4<sup>th</sup> – Sean Paxton

T28 – Adrian Andrade

42<sup>nd</sup> – Harry Llewellyn

### **KZN Open Stroke Play; Prince's Grant GC (16 – 18 May)**

T3 - Sean Paxton

T23 - Harry Llewellyn

T27 - Adrian Andrade

### **SA Kids Golf; Centurion GC (18 May)**

Boys U13 - 14:

5<sup>th</sup> – Lu'ay Hsu

## **Golf RSA Rankings**

Congratulations to Royal Johannesburg player Sean Paxton on reaching the top 10 in the Golf RSA national rankings. Sean attended BSI full-time on their PGA Diploma program from 2020 to 2022 and they have continued to provide coaching support since graduation. Sean's consistent form over the last 12 months has seen him rise to his current Golf RSA ranking of 10<sup>th</sup>. Keep rising Sean.

## **BSI PGA Diploma Student's Golf Day**

BSI's Final Year PGA Diploma students hosted their Charity Golf Day on Monday 5 May at Royal Johannesburg, with many members playing in it. It is part of the practical component for the Tournament Organisation module in their 3<sup>rd</sup> year. A number of BSI graduates have gone into the events side of the golf industry, and this project provides the students with their first real world experience of hosting such an event.

The money raised will be going to CANSA.

For more images of this Golf Day please **CLICK HERE**



# CONNECT



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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:

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## The Longest Driver in the World

**D**URING the past season, Alister Hazen and the thirty or more professional golfers gathered for the championship at Belvoir, agreed that the longest driver in the world was Ellsworth H. Hazen, the young Cleveland amateur. While at Belvoir he made several ones on the 300-yard second hole. He reached the railroad on the tenth, several times 243 yards. These times he was in the trap on the 10th, just 333 yards from the tee. All these drives were carefully marked and measured.

He is six feet four inches tall and weighs over 200 pounds. But the great secret of his driving is the terrific speed of his club head when it reaches the ball. Another point about his driving is the phenomenal length of time that the ball remains in the air. Several of Hazen's drives were timed in this way with stop watches. His ball was longest in the air on a carry of 280 yards—five and two-fifths seconds; while two of the balls driven by Hazen were in the air seven seconds.

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