

ISSUE 8, August 2025

GOOD TIMES

THE MONTHLY NEWS OF ROYAL JOHANNESBURG




ROYAL
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GT



A NEW CLASS
OF DRIVERS

Titleist

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#THEROYALEXPERIENCE

CLOCK TOWER TALK

A MESSAGE FROM THE CEO

By Paul Leishman | CEO



With spring arriving and the warmer weather the Club has transformed, with more people on the course and around the clubhouse for longer. We have an exciting and busy summer ahead and look forward to celebrating the good times with you.

Last week we celebrated Jerry Steyn's tenure at Royal and wished him all the best in his new position at Steyn City. I am sure it is going to be both a challenging and very rewarding experience with LIV in March.

We are very pleased to welcome Jan-Hendrik Duvenhage as our new Course Manager... with his amazing track record we are confident that he will continue to raise the standards of our great courses. He joins a great course team including his assistants, with Carrington (Kapuwa) 19 years of service at Royal and Wikus. Once he settles in we will get some insight into his vision for his time at Royal. We wish him full dams, healthy grass and happy days for many years ahead at Royal.

Leon (Exec Chef) and Gift (Restaurant manager) have hit the ground running in the Old Oak and it's great to see the new green shoots already making an impact. Our new breakfast menu has just launched with very positive feedback this past weekend. The Spring Serenades on weekends, with live music between 9-11, makes it one of the most attractive breakfast spots in Jozi. Prices, previously considered a barrier, are very competitive and with the new 15% pre-funding discount it is good value for money.

We are hopeful the Club Draw on the last Friday of each month will get busier with the warmer weather. Attendees at last week's draw enjoyed the great food and live music. Congratulations to all the winners of Pam Golding Properties lucky draw prizes and to Colin Amis on his R20 000 win, just in time to help with some new baby goodies. Wishing him and Ameigh all the best for their newest bundle of joy. The next draw -26th September!

We are really looking forward to Heritage Day on 24th September with the Family Trophy and lunch Braai. LIV golf will also be doing a Stingers promotion , it's going to be an awesome day. And then after recovery, join us for the Ryder Cup Quiz Night on the 25th September. Book now through reception.

The Festival Plans for October are also coming together and we are excited for this new revitalized month of golfing fun. Take careful note of all the fun plans so you don't miss out. Wedged in between the Festival we are also honoured to be hosting the Mid-Amateur Interprovincial Tournament and we are holding thumbs the CGGU team can keep the trophy here.

Our Grow Golf initiatives are kicking off in earnest with an exciting new Junior Offering as well as "Fore the Fun of it", our new beginner Women's Golf program. We have had a good response to the Women's golf program... our first group starts next week so you can still contact Stacey or Wendy for more information.

I loved watching the Springbok Women beat Italy to get into the quarterfinals of the Rugby World Cup for the first time. SARFU have really got behind the team and it's incredible to see their passion and newfound belief. We are backing them to finish off the tournament in style and build on this success going forward.

Look forward to seeing you at the AGM on 17th September to get more feedback on how the club is doing.

Thank you for your patronage and look forward to seeing you at the Club !

Paul Leishman
ceo@royaljhb.co.za
Cell : 082-322-2369



Trevor Barnett



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NOTICE OF

134TH ANNUAL GENERAL MEETING



WEDNESDAY, 17TH SEPTEMBER 2025
18H00 | ST GEORGES ROOM

RSVP : membership@royaljhb.co.za



THE OLD OAK
Restaurant & Family Centre



Spring Serenade

Series

Every weekend from

30th August to 28th September
09:00-11:00

*Experience our new breakfast
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vibes*



Bookings Essential:

078 764 3079 | DinePlan | oldoak@royaljhb.co.za

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ONE FAIRWAY AVENUE, LINKSFIELD, JOHANNESBURG, SOUTH AFRICA



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EXCITING NEWS
MEMBERS DISCOUNT

15%

CLUBHOUSE

and The Old Oak Restaurant



THE OLD OAK
Restaurant & Family Centre

FROM 1 SEPTEMBER 2025

ROYAL JOHANNESBURG

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Terms & conditions apply



COMMITTED TO PROVIDING VALUABLE INSIGHT & GUIDANCE

Please get in touch with us for a complimentary market evaluation.



Yolande Goldman

Registered with the PPRA - Full Status FFC

083 381 8690



Jeanette Grunes

Registered with the PPRA - Full Status FFC

082 852 6910

**NEXT DRAW TONIGHT
26 SEPTEMBER 2025**



ROYAL JOHANNESBURG
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LIVE MUSIC & GREAT FOOD SPECIALS



CLUB DRAW

Last Friday of every month

DRAW TAKES PLACE PROMPTLY AT 6PM

TICKETS – R100 EACH

80% paid out on night. 20% carried over to last draw of year.

HOW TO BUY TICKETS

**AT RECEPTION NOW OR DRAW TABLE FROM 4.30PM ON THE DAY
OR EMAIL - MARKETING@ROYALJHB.CO.ZA
(TO BE DEDUCTED FROM SPENDING ACC)**

6 lucky draw attendance prizes every month

Sponsored by:



Winner of CASH does not have to be at draw but attendance prizes are only for people at Club

CLIENT

REVIEW

“

“Feedback is crucial for understanding your strengths and identifying areas for improvement!”

Dear Vinelle

I would like to take this opportunity to congratulate you for all your efforts in arranging Tayo's birthday celebration. Your attention, willingness and co-ordination was nothing less than masterful. I kindly ask that you share our gratification with the team that assisted in making the evening a success. Chef John ... and his team cannot go unmentioned ... the catering was honestly top class, well executed and deserved all the praise that it received.

The cross section of guests were from various areas and a few other golfers from other clubs. To hear other golfers complimenting Royal above their clubs certainly topped the scales and therefore a real shoutout to Royal Johannesburg and the management ... this really makes us proud to be family members!

Brad and Lelane Straw

Looking to host a function at Royal, contact our amazing team at functions@royaljhb.co.za



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CELEBRATING

Youth



We value our youth and know that you hold the future of our Club and Country in your hands!

Students FULL-TIME

Subscriptions - R 1 760 Annually or R 154 - Monthly Debit Order

Add a Playing card:

Weekday unlimited: R 5 000

12 Rounds R 3 540 | **26 Rounds** R 6 370 | **52 Rounds** R 10 140

Pay as you play green fees: R 200 (Weekdays & Sundays)

R 325 (Saturdays)

HAPPY GOLFING

By Robert Larsen | Golf Director



We trust you enjoyed your golf through the winter months and now that we seem to be bouncing straight into summer, we hope that you are looking forward to an exciting few weeks ahead at the Club.

ScoreCapture – Digital Scoring for Members

We are pleased to remind all members that ScoreCapture is now available for all club competitions. This platform makes scoring quick, accurate, and interactive. Please see the link below for a short tutorial.



Welcoming Polland – New Staff Member – Player Assistant We are delighted to welcome Polland to our golf operations team as a player assistant. Polland will assist in ensuring a warm and professional welcome, supporting our caddy team, and enhancing your overall on-course experience. Please give him a warm Royal Johannesburg welcome when you see him around the Club and at the bag drop area.

Busy Golf Days Ahead September, October and November are particularly busy with corporate golf days and member competitions. We kindly ask that members check their bookings to ensure no changes affect your preferred tee times. Our team will do their utmost to minimise disruptions and accommodate everyone.



Club Competition Results

[View now](#) | August 2025

Course Maintenance – East Course Spring treatment Please note that the East Course will undergo Spring treatment from 8–12 September 2025. This essential maintenance ensures the long-term health of the greens. We will be doing a light vertidrainig of greens so you will see no impact on the greens by the 13th September.

We encourage members to plan their games with this in mind. The West Course will remain open and in top condition during this time.



Ryder Cup Quiz Night

25 September 2025 Save the date! Test your golf knowledge and enjoy a fun evening at the Club for our Ryder Cup Quiz Night on Thursday, 25 September. Gather a team, brush up on your golfing and general knowledge trivia, and get ready for a night of competition, laughter, and camaraderie. Bookings will open shortly online and through reception.

We thank all members for their continued support and look forward to seeing you out on the course.

Kind regards,
Golf Operations Team



WINTER CLUB CHAMPIONSHIPS PRIZE WINNERS



2025
Winter Club Champion
Bradley Sinnet



B Division winner
Graham Axten



C Division winner
Cade Parton



Ladies 1st Place
Khadeejah Choonara



A - Div Runner up gross
Sean Olfen



B - Div Runner up gross
Clayton Shone



Ladies 2nd Place
Sherida Stevens



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PRESENTS THE
2025
FESTIVAL OF
GOLF

OCTOBER 2025



GOLF - BEER - FOOD - LIVE MUSIC



SCHEDULE

WORLDWIDE BEER FESTIVAL OF GOLF

SCHEDULE - ALL YOU FAVOURITES

1ST TO 31ST OCTOBER 2025

SATURDAY 4 TH OCTOBER	NORTH VS SOUTH CHALLENGE
SUNDAY 5 TH OCTOBER	MIXED OPEN
SATURDAY 11 TH OCTOBER	GREG'S DAY - BB STABLEFORD (AM & PM)
TUESDAY 14 TH OCTOBER	LADIES OPEN
FRIDAY 17 TH OCTOBER	CORPORATE CHARITY CHALLENGE
SATURDAY 18 TH OCTOBER SUNDAY 19 TH OCTOBER	TEAMS CHALLENGE BROUGHT TO YOU BY INVESTEC *36 HOLE ALLIANCE CHALLENGE OVER TWO DAYS
THURSDAY 23 RD OCTOBER	INTERCLUB INVITATIONAL INVITED BY CAPTAIN'S
SATURDAY 25 TH OCTOBER	HUTCHIE'S 8 BALL COMMANDO
SUNDAY 26 TH OCTOBER	AM: SUNDAY CLASSIC JUNIOR SILVER VASE
MONDAY 27 TH OCTOBER	ROB'S PRO-AM
FRIDAY 31 ST OCTOBER	BOOS & BREWS - CLUB DRAW & TRICK OR TREAT

BOOKING ARE OPEN!

BOOKINGS@ROYALJHB.CO.ZA

SPONSORSHIP OPPORTUNITIES AVAILABLE

MARKETING@ROYALJHB.CO.ZA

CHARITIES





EAST TO WEST

By Jerry Steyn | Course Manager



When was the last time you had a warm spring day? The past couple of years we have had very cold Septembers and as it seems like our weather patterns might have returned back to normal, let's hope for the best. I am happy to report that all the scarifying of both courses on tee's, fairways and surround shave been completed. We thank all the members and guests for their patience during this time - it is a crucial practice to ensure the courses are setup to be in the best possible playing conditions going into summer. With the Dunhill only three months away, we have started to focus most of the water resources onto the East Course in preparation for this high-profile event. No other major maintenance or projects have taken place during August.

Upcoming maintenance planned for September:

- East course greens spring treatment from 8 – 12 September and the course will be closed during this week.
- Monday 1 September – West greens dusting and fertilizing East course greens.
- Monday 15 September – Fertilizing West course greens.
- Monday 29 September – Both courses greens will be groomed followed by a light dusting on the West greens.
- Tree canopy pruning will commence on the East course for the whole month.

Spring treatment is a vital practice for healthy turf as it relieves compaction, improves air and water movement in the soil, and creates space for stronger, deeper root growth. By removing cores of soil, we also dilute thatch, reducing the risk of disease and soft surfaces. Regular sand dusting complements this process by smoothing the putting surface, protecting the crown of the grass, and gradually diluting organic matter in the top layer. This ensures firmer, truer greens that perform consistently throughout the season. Together, hollow tining and dusting are essential to building resilient, high-quality playing surfaces that can withstand both heavy play and environmental stresses. This year's East vertidrainning will have much less impact on playing conditions.



As I prepare to take on a new chapter in my career, I want to take a moment to reflect on my time at Royal. It has been an incredible journey filled with challenges, growth, and above all, the privilege of working alongside such a dedicated team. Royal is a special place, steeped in history and tradition, and it has been an honour to play a part in maintaining and enhancing its courses. I've always believed that a golf course is more than just turf and trees—it's an experience, and every day here has reaffirmed that belief. To my colleagues, members, Board members, and the wider Royal community,

thank you for your support, encouragement, and friendship. The lessons I've learned and the memories I've made will always stay with me. While I may be moving on, a piece of Royal will always remain close to my heart. I look forward to seeing how the Club continues to flourish in the years ahead.

Best Wishes, Jerry Steyn





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QUIZ EVENING

Hosted by
ROB LARSEN

**THURSDAY 25TH
SEPTEMBER**

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

COST: R 120

Includes light dinner
Teams of 4

8 CATEGORIES

General Knowledge
Geography
Current Affairs
History
Open Trivia
Music, Movies & Television
Guess who
Bonus Round (double points)

BOOKINGS:
bookings@royaljhb.co.za



why not
try golfing
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Fore the Fun of it!

A beginner Golfer Experience for Women

Swing, laugh, repeat.

Celebrating Women all Year

Have you ever thought of taking up golf? This is the perfect, fun, cost-effective, 6-month introduction to this awesome game!

Cost: A once off fee of R 2 500 covers everything.. with a lot of fun added in along the way! Terms & Conditions apply



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Program highlights

- 10 Beginner lessons, one a week, with PGA pro Stacey Burrowes
- All equipment provided - just bring yourself until you get hooked
- Safe, social, and supportive environment
- After 6 sessions, we take you out on the course with an experienced golfer
- Monthly engaging talk on understanding the game - rules, etiquette and scoring
- Special fun events - golf sixes, chipping and putting comps
- 6-month trial 9-hole membership with Royal Johannesburg Golf Club with all member benefits

Program Ambassadors

You will get to engage with our female golf ambassadors
Ashleigh Buhai, Cassandra Alexander and Nobuhle Dhlamini

For more information or to join this awesome program that starts the first week of September 2025 please contact

Ladies Golf Manager:

Wendy Huddy | Ladies@royaljhb.co.za | 082 772 0489

Golf Coach:

Stacey Burrowes | stacey199905@gmail.com | 076 792 5262

LADIES GOLF

By Wendy Huddy | Ladies Golf Manager

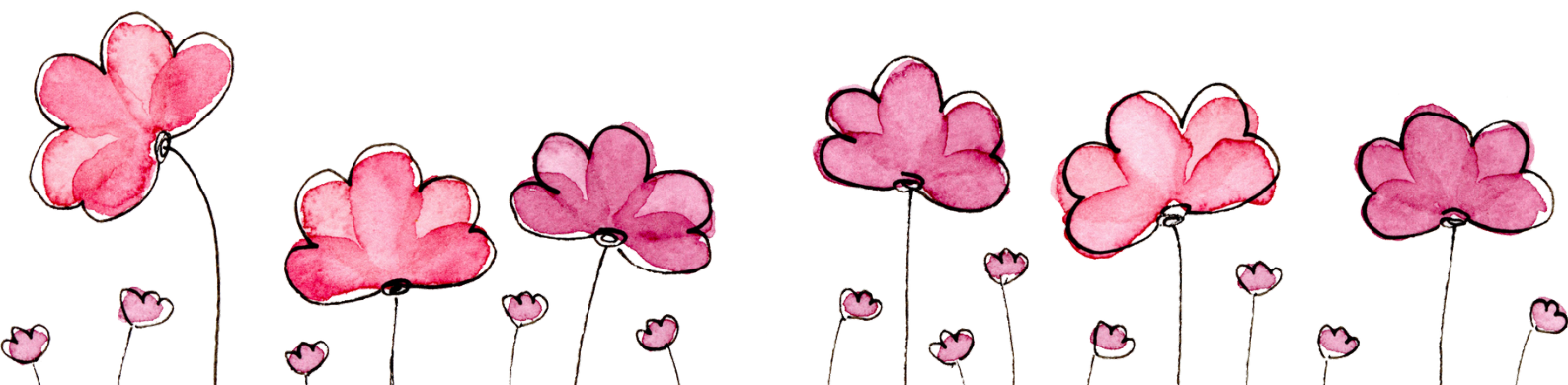


I hope that you were all able to celebrate Women's month some way or another in August and are now enjoying the warmer weather we've had of late. It feels like we're skipping spring this year and have gone straight into summer!



The month started with the Tuesday ladies competing for the Anstey Trophy on 5 August. The Anstey trophy itself is 100 years old and is the oldest trophy that the ladies still play for. The format of the competition does vary each year and this year the ladies played a 3 ball individual aggregate with Marianne Abrahams, Lyn Gardner and Sue van der Riet coming out tops and claiming first prize. Well done to them.

The next day the Club hosted 12 past lady captains from Royal Johannesburg Golf Club, Kensington Golf Club and Royal Johannesburg, in the Bell Tower and again Chef John and his wonderful team did us proud and produced the most delicious meal for the ladies. It is always great for the past lady captains to gather together and catch up and for many, it is a highlight on their calendar and the only time they do come back to the Club.



Our league ladies did not have the results that they had hoped for in August but are still sitting comfortably on their respective league logs. All three teams lie second on their division logs - weekday 1 team on the A division log, the weekday 2 team on the C division log and the Sunday league on the Sunday A division log. With two games left in the season for the weekday teams and three games for the Sunday team, the stage is set for an exciting finish.

Thank you to all the ladies who competed in the 2025 Winter Club Championships held on the 23 and 24 August and sincere congratulations to Khadeejah Choonara who won the ladies division, counting out Sherida Stevens. There is no stopping Khadeejah - this young lady has collected many trophies in her very short career.

On Sunday 31 August, a mixed team from Royal Johannesburg played on the Rocklands course against the CCJ team playing for the 2025 Ryder Cup trophy. The Royal team enjoyed wonderful hospitality from the CCJ opponents and the staff of CCJ but unfortunately left without the trophy – this was not without a battle but sincere congratulations to the CCJ team on their victory. Thank you to all the Royal players for representing our Club with such enthusiasm and loyalty. I'm confident that next year, the trophy will be back in our trophy cupboard.

Thanks ladies and we can look forward to a very busy month in September in the clubhouse and on the courses. Please look for the notices in the newsletter and on the notice boards and support wherever you can. Have a happy Spring month!!



HERITAGE DAY FAMILY TROPHY

Golf time

Join in the Ryder Cup fever we will play
9 holes Betterball Medal / 9 holes Foursomes

WEDNESDAY 24TH SEPTEMBER

GOLF BOOKINGS: RECEPTION@ROYALJHB.CO.ZA

- Calling any family combination (grandparents, uncles, cousins, sisters) .
- At least one of your betterball needs to be a member – guest of a member gets reciprocity
- Tee off from 06:45 to 08:30
- Competition fee R250 - Includes an amazing braai lunch afterwards
- Additional guests for braai – R200 pp

NATIONAL BRAAI DAY LUNCH MENU

Beef on the spit, chicken, wors, lamb potjie, vegetable potjie
3 salads, pap and sheba, pot bread



EMPLOYEE OF THE MONTH

August 2025



Front of house
Lucas Makua



Back of house
Clucky Mathole



The Old Oak
Chomel Naidoo





Trevor Barnett

MORE THAN A FITTING

By Greg Jacobs | Club Professional



As the weather has turned, our summer range of clothing will be arriving. Always very exciting. We have some FJ, UA and Galvin Green hitting our shelves soon by the end of next week!

Titleist launched their new range of irons last week and the reception has been fantastic. I don't recall this much interest in an iron in a very long time. My set has arrived as well. I have opted for the T250's 4-PW and a GW with a lightweight steel stiff shaft. I have picked up a full club in distance which is always nice! Just because I am getting older it doesn't mean that I must hit it shorter!



I have also been pleasantly surprised with the U505 driving iron. It is forgiving, launches easily and goes a mile. This weapon has also made it into my bag! Should you be looking for a fitting please don't hesitate to contact me and I will arrange.



We have also upgraded my rental sets with the new Titleist range, and they look fantastic!

The new range of FJ will be arriving in mid-September, so that is something to look forward to as well.

Lastly, in a couple of weeks I will be heading off to Scotland with 7 of our members to play 4 links courses in the North of Scotland in the Links Invitational. Last year Royal were in the running for the title but the inclement weather on the last day proved to be our undoing and we only managed a 3rd place finish. I will be sure to keep the members updated and share the pic's!

TIP OF THE MONTH

By Martin Briedé | Teaching Professional

The weather is warming up and even Gavan Levenson has started wearing his shorts. Have a look at the video below to get some tips on how to play golf in the warmer weather from Gav and make sure you put your sunblock on and keep hydrated.



Congratulations to one of our coaches Keagan Beyers on the recent success of one of his players - Herman Loubser won the Vodacom Origins of Golf at Parys Golf and Country Club on the Sunshine Tour. Again check out the video below where Keagan discusses what he is doing with Herman - we can all learn a thing or two.

We have also launched two very exciting women's programmes, The first is a monthly members clinic and the second, a Women's Introduction Programme called 'Fore the Fun of it'. Coach Stacey Burrowes will be managing these two programmes. We will be starting an introduction programme on Saturday the 6th and Sunday the 7th. For more information Stacey can be contacted on 076 792 5262 or stacey199905@gmail.com.

In September we will be holding free junior clinics from 10h00 till 11h00 on Sunday mornings. They will be hosted by Ricki Dembo, Stacey Burrowes and me.

The teeing area at the range is looking green and lush. Just a reminder that in order to maintain the tee through the winter, we are off mats on Monday, Tuesday and Thursday and we are on the grass on Wednesday, Friday, Saturday and Sunday. We hope to see you at the range soon.



All the coaches, Gavan, Ricki, Keagan, Stacey and myself offer junior individual lessons by appointment.

For more information on our junior programme contact myself on 084 503 5477 or martinbriede@me.com



Martin Briedé
084 503 5477

Gavan Levenson
082 990 7186

Ricki Dembo
071 381 8715

Keagan Beyers
082 643 9018

Stacey Burrows
076 792 5262



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Johannesburg
Golf Club*
★ ★ ★

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3
Register your biometrics
on the self-service kiosk
& you're ready!



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EDENVALE | BOKSBURG



THE CULINARY
CORNER

Spring has officially arrived, and with the new season comes fresh beginnings at Royal Johannesburg.

We are delighted to announce the launch of our new breakfast menu at The Old Oak Restaurant this September. Designed to start your day the Royal way, the menu features a mix of classic favourites and exciting new dishes, all crafted with the finest seasonal ingredients. Whether you're fuelling up before a round of golf or simply enjoying a relaxed morning with friends, there's something for everyone to savour.

September is also Heritage month, and we'll be celebrating it in style with a selection of truly South African dishes. From familiar flavours to traditional favourites, our kitchen team will be serving meals that honour the rich diversity of our heritage.

We encourage all our members and guests to come and support The Old Oak, enjoy the warm hospitality, and make the most of these new and seasonal offerings. Your continued support helps us grow and deliver even more memorable dining experiences at the Club.

Here's to fresh mornings, South African flavours, and another exciting month at Royal!





Trevor Barnett



YOUR HEALTH & WELLNESS FIX

by Gavin Groves

THE MANY FACES OF RESISTANCE TRAINING: WHAT WORKS BEST FOR GOLFERS

It's easy to walk into the gym, head straight to the machine you know best, or grab the closest dumbbell before calling it a day. But just like on the course, training without a plan rarely delivers the results you want. Golf-specific resistance training is about giving your workouts more direction — choosing the right methods, structuring your sessions well, and making sure you prepare your body properly before you start.

Here are some popular training approaches, how they benefit golfers, and the pros and cons of each:

Circuit Training

Circuit training is like playing a brisk nine holes — little waiting, lots of flow. You move through a series of exercises with minimal rest, often alternating between upper and lower body or push and pull movements.

Why it's good for golfers:

- Builds endurance for the later holes.
- Improves mobility and stability.
- Keeps sessions time-efficient.

Pros:

- Time-efficient, blends strength and cardio.
- Keeps training varied and engaging.
- Great for general fitness and weight management.

Cons:

- Less focus on heavy strength gains.
- Can sacrifice form if rushed.
- Not ideal for golfers chasing maximum power.

GROUP TRAINING (F45, HYROX, ETC.)

Structured classes with stations or competitive formats that mix resistance and conditioning. The group environment can push you harder and keep you accountable.

Why it's good for golfers:

- Builds all-round athleticism.
- Encourages consistency.
- Can develop stamina and explosive power if well designed.

Pros:

- Motivating group environment.
- Pre-structured workouts remove the guesswork.
- Fun and competitive atmosphere.

Cons:

- Not always golf-specific.
- Risk of poor form with fast-paced exercises.
- Intensity may be too high for beginners or injury-prone golfers.

SUPERSETS

Two exercises back-to-back with little rest. They can target opposing muscles (push vs. pull) or unrelated movements.

Why it's good for golfers:

- Time-efficient, balances push and pull.
- Supports posture and prevents imbalances common in the golf swing.

Pros:

- Saves time while keeping intensity high.
- Promotes balanced strength across muscle groups.
- Keeps workouts engaging without extra equipment.

Cons:

- Can be fatiguing if overused.
- Beginners may struggle with form under fatigue.
- Harder to do in a crowded gym (requires equipment access).



"Small progress is still progress".



COMPOUND SETS

Two exercises for the same muscle group performed in sequence — for example, squats followed by lunges.

Why it's good for golfers:

- Builds strength and resilience in key golf muscles (glutes, hamstrings, core).
- Great for increasing power and lower-body stability.

Pros:

- Excellent for muscle growth and strength.
- Increases muscular endurance.
- Builds resilience in golf's key areas (hips, legs, shoulders).

Cons:

- More taxing on recovery.
- Can cause soreness that interferes with practice/play.
- Demands solid technique to avoid injury.

STRUCTURING YOUR RESISTANCE DAYS

Rather than the old “chest day / arm day” split, golfers benefit from more functional structures:

1. Push/Pull Split

- Push: Squats, push-ups, overhead press.
- Pull: Deadlifts, rows, pull-ups.
- Balance helps posture and supports a healthier swing.

2. Upper/Lower Split

- Upper: Presses, rows, rotations, anti-rotation core.
- Lower: Squats, hinges, single-leg strength.
- Ensures power from the ground up and stability in the swing.

DON'T SKIP THE WARM-UP

Just as you wouldn't step onto the first tee without loosening up, you shouldn't jump straight into the weights.

Good warm-up flow:

- Dynamic mobility: Leg swings, hip circles, thoracic rotations.
- Activation: Glute bridges, band walks, scapular retractions.
- Movement rehearsal: Light sets of the exercises you'll train.

A proper warm-up primes your body, reduces injury risk, and sets you up for better performance — in the gym and on the course.

FINAL THOUGHT

The goal isn't just to train harder, but to train smarter. By understanding the pros and cons of each resistance training style — and giving your workouts direction with proper structure and warm-up — you'll build strength, endurance, and resilience that directly transfer to your golf game.

I would be happy to help with a structure tailored to you, your needs and your golf! gavingrovestraining@gmail.com

JOIN

tour WhatsApp Community



Announcements



Reminders



Marketing



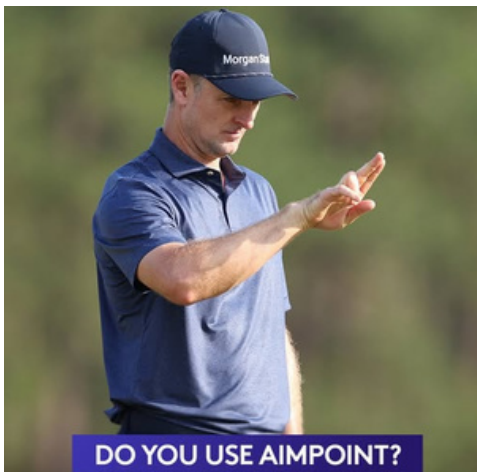
Promotions

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

AIM POINT

by Sandra van den Bergh
Certified level 3 AimPoint Instructor

AimPoint users are winning every week on the world's tours - best golfers in the world know.... Have you invested in better green reads yet? Don't wait - contact me for more information and make a booking. Take the stress out of putting and learn the full putting system of read, aim, speed in just two hours.



On 16 August, Justin Rose won the first leg of the FedExCup playoffs on the PGA tour, the FedEx St. Jude Championship, in a playoff over one of this season's best players, U.S. Open champion J.J. Spaun. And they finished one ahead of world No. 1 Scottie Scheffler, who was seeking his fifth win of the year, as well as Tommy Fleetwood, who started the day with a one-stroke lead but still chasing his win.

The following weekend Tommy Fleetwood, also an AimPointer, finally had his breakthrough moment at East Lake Golf Club in Atlanta on 24 August, securing his first-ever PGA Tour title in the 2025 Tour Championship. After 12 years and 164 career starts without a win, Fleetwood finally hoisted the FedEx Cup trophy on Sunday.



Then locally, two professionals who took AimPoint sessions with me, won this last month.

Jacques van der Merwe, took the winning spot at CMR Golf Club on the Big Easy Tour early in August - his first victory as a professional . He then went back-to-back and won the Betway Big Easy Tour at Reading Country Club in Alberton the following weekend.

Jonathan Broomhead's fourth Sunshine Tour victory came on 22 August at the SunBet Challenge hosted by Time Square at Wingate Park. It was also his first victory this year in a career that is rapidly burgeoning and is characterised by consistent hard graft and commitment.

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Sandra van den Bergh

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BESPOKE FITNESS

By Dale Ebell | Biokineticist (HPCSA/BASA)



Why Balance and Proprioception Matters

When we think about improving our golf game, we often focus on swing mechanics, flexibility, or strength. But two often-overlooked elements—balance and proprioception—play a critical role in consistency, control, and injury prevention.

Balance is your ability to maintain control of your body's position, whether you're standing still or moving. In golf, this is what allows you to stay steady over the ball and finish your swing without falling off line.

Proprioception is your body's sense of where it is in space. It's the "internal GPS" that tells you how your limbs are positioned without needing to look at them. This helps golfers make subtle adjustments during the swing—like keeping the club on plane or staying centred during weight transfer.

When balance and proprioception are lacking, the results often show up as inconsistent ball striking, poor weight shift, or even recurring aches and injuries.

Two Easy At-Home Tests

1. Single-Leg Balance Test

- Stand on one leg with your arms crossed over your chest.
- See if you can hold this for 30 seconds without putting your foot down or wobbling excessively.
- Struggling here suggests your stability could use some work.

2. Eyes-Closed Balance Test

- Stand on one leg, then close your eyes.
- If you lose balance in less than 10 seconds, it's a sign that your proprioception (your body's awareness without visual input) needs improvement.

The Bottom Line

Improving balance and proprioception can sharpen your swing, increase consistency, and reduce injury risk. The good news is these skills can be trained—through simple exercises, progressive challenges, and golf-specific conditioning.

If you find yourself wobbling in these tests, a Biokineticist can help you build a stronger foundation for your game. Small improvements in balance today can lead to more consistent, confident golf tomorrow.



BALDERSTONE

INSTITUTE OF SPORT

Jerry Steyn heading to Steyn City

We are proud to share the exciting news that BSI graduate Jerry Steyn has been appointed as Head Superintendent at The Club at Steyn City.

Jerry graduated from our PGA Diploma program in 2012. He then pursued a playing career for a few years before returning to BSI in 2015 as our first ever greenkeeping student, where he completed his practical hours at Royal Johannesburg.

Jerry impressed so much during that time that he was offered the assistant greenkeeper position at Royal after he qualified. He was later recruited for head greenkeeper positions at Pecanwood, and then Irene CC, before returning to Royal Johannesburg as Golf Course Manager in 2022.

Here's what Jerry had to say about his new position:



“I’m honoured to share that I will be starting a new role as Head Superintendent at The Club at Steyn City from 1 September 2025. This new chapter marks a major milestone in my journey through golf course maintenance and agronomy—an industry I’ve been proud to serve.

I’d like to extend a heartfelt thank you to Royal Johannesburg for the incredible years of mentorship, support, growth and opportunities. It’s been a privilege to be part of such a historic and high-performing team, and I leave with immense gratitude and respect.

At Steyn City, I’m excited to be a part of a passionate team focused on world-class playing conditions that raises the bar even higher. To all those who have guided and encouraged me along the way—thank you. Here’s to continued growth, learning, and keeping the standards high.”

With the announcement that LIV Golf will be coming to South Africa in 2026, with the event set to be played at Steyn City, this is truly a milestone worth celebrating.

SA High School Championship

Well done to Team BSI, represented by Mpho Makhado, Mongiwetfu Masuku, Connor Olfson and Shaka Kariisa, who finished T5 in the SA High Schools Championship this week at Middelburg CC.

Mark at The Women's Open

What an incredible experience for BSI Head of Golf Performance, Mark Fairbank, who had the privilege of accompanying Casandra Alexander to Wales as part of her support team for The Women's Open Championship at Royal Porthcawl. We are sure that the lessons learned at this major championship will benefit our full-time students too, who all receive extensive mental coaching from Mark.

BSI students representing themselves on the African continent

Huge Shout out to Keisha Kagoro and Shaka Kariisa, who have been selected to represent the Ugandan Junior team in Mauritius at the Africa Region 4 Junior Team Championship to be held from 24 to 28 August 2025. We wish the pair all the best when they tee it up on our neighbouring island and may they achieve lots of Personal Bests and make the most of this incredible experience.



Connor Olfson; Mpho Makhado; Piet de Wet (Manager); Mongiwetfu Masuku; Shaka Kariisa



BSI Graduate, Jacques van der Merwe shines with maiden Pro victory on Betway Big Easy Tour

A huge congratulations to BSI PGA Alumni, Jacques van der Merwe, on his emphatic victory at the Betway Big Easy Tour #5 tournament held at CMR Golf Course. This maiden win has come remarkably quickly — just eight months after Jacques graduated from BSI in 2024 — as he lifts the silverware and makes a bold statement in the professional ranks.

Jacques claimed victory by two shots, delivering all three rounds under par with an opening 65, a sensational second-round 63, and a closing 67 for a total of 195.

We always knew it was only a matter of time, but to see it happen so soon is truly impressive. From his early days in our Junior Academy to completing his PGA Diploma, Jacques has shown that with the right discipline and commitment, it's possible to refine your golf game while gaining the academic foundation for a bright future. We couldn't be prouder!

Jacques pulled off back-to-back wins on the Tour, following up his maiden victory the previous week at CRM he won the BETWAY Big Easy Tour #6 at Reading Country Club (12–14 August 2025). Coming into the final round five shots behind, he produced a brilliant six-under-par 65 to clinch a thrilling one-shot triumph.

As we mentioned in last week's newsletter, we were overjoyed with Jacques' first Tour win so early in his professional career — and now this second victory only cements his determination, work ethic, and growing reputation as a player to watch, both now and in the years ahead.

Well done, Jacques! We're so proud of your dedication and hard work — and a big shout out as well to Mental Coach Mark Fairbank, who is still part of Jacques' support team.



Results

104th NCBA Kenya Amateur Match Play Championship; Sigona GC, Nairobi, Kenya (25 – 27 July)

2nd – Pranay Kapur
Top 16 Knock-out - Gilbert Chalwe

NCBA Kenya Match Play Qualifier; Sigona GC, Nairobi, Kenya (24 July)

T4 – Pranay Kapur
T6 – Gilbert Chalwe

US Kids – World Teen Championship; Pinehurst No.8, North Carolina, USA (24 – 26 July)

T18 – Connor Olfson

Golf RSA - Border Stroke Play, East London GC (26 & 27 July)

T35 – Martin Papworth
T41 – Etienne Bedeker & Chang Sung Nam

Golf RSA – Nedbank Junior Challenge; Gary Player CC, Sun City (21 – 23 July)

56th – Eric Ncube
T69 – Mongiwetfu Masuku
T77 – Thomo Mokgatle

Ladies European Tour – AIG Women's Open; Royal Porthcawl, Wales (31 July - 3 August)

T40 – Casandra Alexander

48th NCBA Kenya Amateur Strokeplay Championship; VetLab Sports Club, Nairobi, Kenya (31 July – 3 August)

9th – Pranay Kapur
T21 - Gilbert Chalwe
28th – Danny Chelogoi

Golf RSA – SA High Schools National Championship; Middelburg GC (4 & 5 August)

T5 - Team BSI
Individual Placing:
14th – Mpho Makhado
T24 – Mongiwetfu Masuku
T34 – Connor Olfson
85th – Shaka Kariisa

SA Kids Golf – Royal Johannesburg GC (3 August)

U14 Boys:
9th - Lu'ay Hsu

Ladies European Tour – PIF London Championship; Centurion Club, United Kingdom (8 - 10 August)

T14 – Casandra Alexander

BETWAY Big Easy Tour 5; CMR GC (5 – 7 August)

1st – Jacques van der Merwe

Golf RSA - Southern Cape Open; Knysna GC (8 – 10 August)

T46 – Liam Quinn

Alexis Toriani wins the BSI Srixon Junior Tour GNGU Girls Division

A Huge shout out to BSI Junior Academy student Alexis Toriani, who won the Girls Division of the BSI Srixon Junior Golf Tour, held in conjunction with the Gauteng North Golf Union at Waterkloof Golf Course on Sunday 10 August 2025. Awesome golf, Alexis! Your progress at BSI and your competitiveness at external tournaments has come a long way. Well done.



Results round-up: Girls Division – Overall:

1st – Alexis Toriani

Results

CGGU – Junior August Break; Killarney GC (12 August)

A Division:

1st – Eric Ncube

T8 – Joshua Keatley

B Division:

2nd – Mongezi Ntombini



Eric Ncube

CGGU – Junior August Break; Wanderers GC (14 August)

A Division:

3rd – Eric Ncube

T5 – Joshua Keatley

14th – Thomo Mokgatle

B Division:

1st – Mongezi Ntombini

6th – Legofi Mokgatle



Mongezi Ntombini

BETWAY Big Easy Tour 6; Reading CC (12 – 14 August)

1st – Jacques van der Merwe

Golf RSA – KZN Amateur – Stroke Play Qualifier; Selborne GC (13 – 14 August)

8th – Sean Paxton

T9 – James Truter

T16 – Keegan du Plessis

T18 – Adrian Andrade

33rd – Andre Goosen

T37 – James Moss

T41 – Gilbert Chalwe

T58 – Lowildo Doman

62nd – Ettienne-Pierre Bedeker

Golf RSA – NOMADS North and South Junior Championship; Pecanwood GE (13 – 15 August)

Boys Division:

T62 – Kayle Turner

T98 – Mowana Chokwe

Girls Division:

8th – Alexis Toriani

CGGU – Junior August Break; CMR GC (26 August)

A Division:

T13 – Connor Olfson

17th – Alexis Toriani

T18 – Mowana Chokwe

T26 – Joshua Keatley

B Division:

T4 – Mongezi Ntombini

9th – Legofi Mokgatle



Balderstone
Sports Institute

BSI GOLF ACADEMY OPEN DAY EXPERIENCE

**Saturday 13 September 2025
Huddle Park, Linksfield, JHB**



**Full-Time Junior Golf Academy
with schooling (Gr 7-12)**
8am Registration

**College Programs: PGA Diploma,
Greenkeeping, Sports Management**
10am Registration

Please RSVP to info@bsisports.com by
11 September to secure your place

www.bsisports.com

We're excited to be hosting our second Golf Academy Open Day Experience on Saturday, 13 September 2025!

Attendees experience a highly informative presentation, question and answer session, and come on a tour of the facility while personally experiencing our high-performance training.

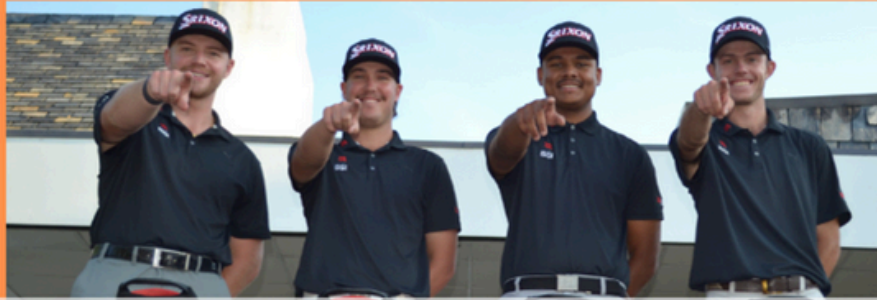
On the day there are 2 timeslots. The first is for our Junior Academy High School program. Our educators will be on hand to discuss our international curricula and explain our unique hybrid approach to schooling that provides more time and flexibility for training and competing. Our highly qualified coaching team is also on hand to show you the high-performance training that our students receive. Potential students—bring your clubs! You'll get the chance to experience our high-performance training first-hand (note: this is for students only, not parents).

The latter timeslot showcases our College programs: PGA Diploma, Greenkeeping, and Sports Management.

Come and learn more about our BSI PGA Diploma, the full-time Junior Golf Academy (including our academic program with an international curriculum and extensive golf training schedule), and our Greenkeeping Course.

RSVP by emailing info@bsisports.com before Thursday, 11 September to secure your place.

We're also offering a special 20% discount on all Grade 8 fees for 2026 if you secure your place during 2025. Spaces are limited due to our multi-sport classroom setup, so early booking is strongly recommended.



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THE **GOLF** MAG

ISSUE 24

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September is when the green shoots of Spring pop up everywhere. But, before you hit the fairways, take some time to sit back and enjoy South Africa's favourite monthly golf read. We've got you covered with current and future stars, rules, courses, golf clubs, instruction, rankings, columns, competitions and so much more. And we're FREE!
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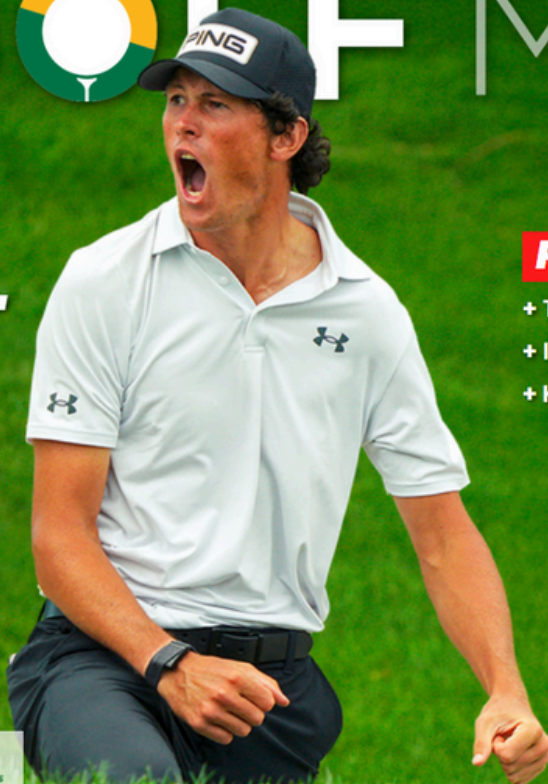
JUSTIN WALTERS: *'I have the talent to do great things again'*

THE **GOLF** MAG

ISSUE 24 | SEPTEMBER 2025

CHRISTO LAMPRECHT

*'It's awesome to be part of
South Africa's golden generation'*



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THE OLD OAK SPRING SERENADES - **6 TO 28 SEPTEMBER**

SPRING TREATMENT - **8 TO 12 SEPTEMBER**

ANNUAL GENERAL MEETING - **17 SEPTEMBER**

HERITAGE DAY / FAMILY TROPHY / BRAAI DAY - **24 SEPTEMBER**

RYDER CUP QUIZ EVENING - **25 SEPTEMBER**

CLUB DRAW - **26 SEPTEMBER**

2025 FESTIVAL OF GOLF - **1 TO 31 OCTOBER**



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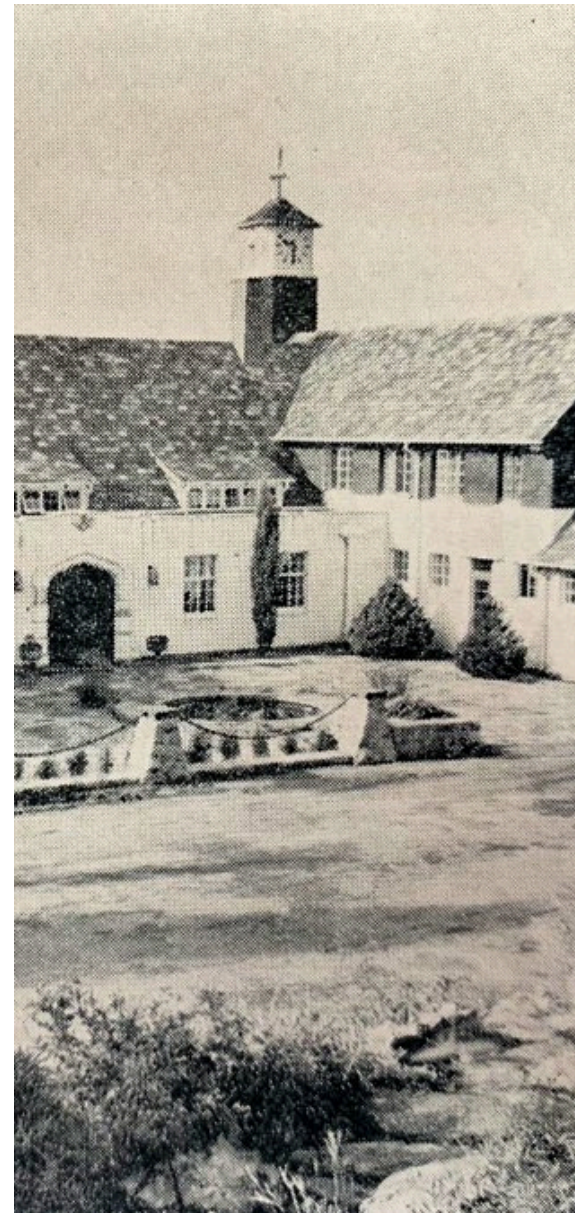
CEO

Paul Leishman - CEO@royaljhb.co.za

082 322 2369



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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.

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